#156
February 2026

The CRAZY WISDOM Monthly

The Poet and the Philosopher

The marriage of Erin Zindle and Ross Huff

Find the story on Page 12

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THE CRAZY WISDOM SALON SERIES

Sage Women of Ann Arbor

in conversation with Bill Zirinsky

An Evening with Mary Anne Perrone

March 25th at 7:00 p.m.

Mary Anne Perrone is a Spiritual Guide who gently works with individuals exploring their spiritual lives. "We can all use a soul friend, someone who is willing to go there with us." She has been deeply engaged in social justice activism related to Latin America, and works to support immigrants in the U.S. She spent the earlier years of her exceptional career as an educator, particularly involved in Special Education. She is also a devoted mother and grandmother.

An Evening with Wasentha Young

April 15th at 7:00 p.m

Wasentha Young has been a practitioner and teacher of Tai Chi for more than 50 years, and she also teaches Qigong and Meditation. She started Ann Arbor's Peaceful Dragon School in 1990 and was a founding board member of the Association of Women Martial Arts Instructors. Peaceful Dragon offers programs in the martial arts, but also in meditation, acupressure, and the healing arts. She is also an accomplished mosaic artist and poet, and she has a master's degree in Transpersonal Psychology.

An Evening with Haju Sunim

April 22 at 7:00 p.m.

Rev. Haju Sunim has been the Resident Priest at the local Zen Buddhist Temple for decades. She was ordained as a Dharma teacher in 1984, and as a Buddhist priest in 1993. She hails from Vancouver, British Columbia. Haju Sunim will talk about the Zen path, the evolution of the Zen Temple over the last 40+ years, and her own life's journey.

All salons take place at the Crazy Wisdom Celestial Lounge and are FREE to attend. For more information, contact Bill at: billz@crazywisdom.net.

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Jennifer Carson
Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Contents

issue #156

06 CWJ Book Picks of the Month

08 How Does He Love Me? Let Me Count the Ways: Understanding the Give & Take Across Love Languages
BY MICHELLE A. MCLEMORE

11 THE CRAZY WISDOM COMMUNITY CALENDAR
LOCAL EVENTS, CLASSES, WORKSHOPS, AND RETREATS

12 Kindred Conversations: The Poet and the Philosopher—The Marriage of Erin Zindle and Ross Huff
BY HILARY NICHOLS

17 Community Spotlight
BY LYNDA GRONLUND

22 Love
BY KATHERINE MUNTER

26 A Conversation with Cygnus, the Swan
BY PEGGY RIVER SINGER

30 The Transforming Power of Gratitudes
BY LISA WOLFE

34 Random Acts of Kindness: Saved by the Squirrels
BY MADELINE DIEHL

On the Cover

Local musicians, Erin Zindle and Russ Huff. Photo taken by Hilary Nicholsl.

Pick up the winter issue of The Journal now!

The Crazy Wisdom Community Journal

Features

issue 91

• The Schvitz • Stacie Sheldon • Ann Arbor's Zen Buddhist Temple • Family Grimoires • hear.say brewing ..and more!

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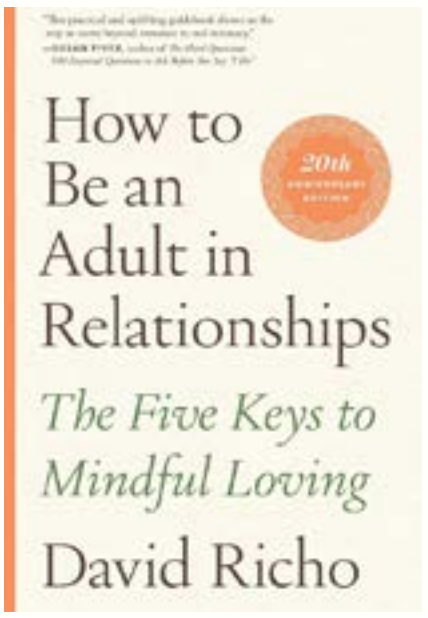
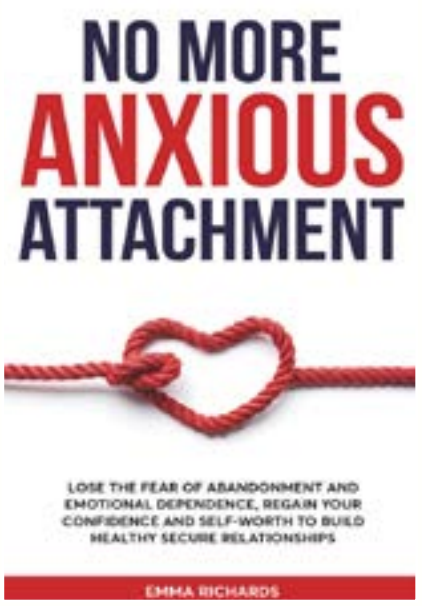
CW Book Picks *of the month*



This beloved book has touched hundreds of thousands of lives with its profound and actionable advice. Retaining the core message of becoming more mindful in our relationships, this edition includes new and revised material that addresses how we live and love today. A new preface touches on David Richo's experience with the book over time and outlines the key updates, including attention to online dating and modern communication styles as well as new perspectives on anger and ending relationships.

"Most people think of love as a feeling," says Richo, "but love is not so much a feeling as a way of being present." How to Be an Adult in Relationships explores five hallmarks of mindful loving and how they play a key role in our relationships. Adult love is based on a mutual commitment to what Richo calls the "five A's": attention, acceptance, appreciation, affection, and allowing. Brimming with practical exercises for couples and singles, How to Be an Adult in Relationships offers heartening insights into a lifelong journey of love. Topics include:

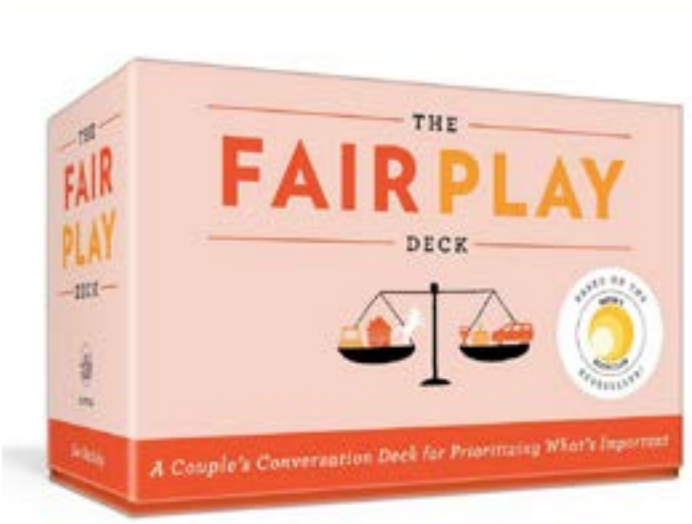
- Becoming conscious of our relationship patterns and how they relate to childhood
- Recognizing and attracting someone who can show adult love
- Understanding the phases relationships go through
- Creating and maintaining healthy boundaries
- Overcoming fears of abandonment and engulfment
- Expressing anger and other emotions in adult and loving ways
- Surviving break-ups with our self-esteem intact
- Understanding love as a spiritual journey


NO MORE
ANXIOUS
ATTACHMENT
LOSE THE FEAR OF ABANDONMENT AND EMOTIONAL DEPENDENCE, REGAIN YOUR CONFIDENCE AND SELF-WORTH TO BUILD HEALTHY SECURE RELATIONSHIPS
EMMA RICHARDS

Do you want to break free from the cycle of anxiety and build secure, healthy relationships with confidence? Say goodbye to emotional dependency and have love without fear of abandonment?

Are You: Done over analyzing texts and seeking reassurance, only to feel worse in the end? Tired of feeling like you're "too much" in relationships—too needy, too anxious, too insecure?

- No More Anxious Attachment gives you the tools to break free from relationship anxiety, overcome fear of abandonment, and build secure, confident connections. If you're tired of overanalyzing texts and feeling "too much" in relationships, this book will help you regain emotional independence and experience love without insecurity.
- Escape the Cycle of Overthinking: Break free from obsessive thoughts about your partner's feelings and intentions.
- End the Emotional Rollercoaster: Say goodbye to the highs and lows of insecure attachment and find emotional balance
- Silence the Fear of Rejection: Learn how to navigate relationships without the crippling fear of being left behind.
- Stop Overanalyzing Texts: Gain clarity and confidence instead of spiraling into anxiety over every message.
- Turn Self-Doubt into Self-Trust: Build unshakable confidence in your own worth and value.
- Develop Healthy Boundaries Without Fear: Set limits with love instead of losing yourself in relationships.
- Attract Partners Who Actually Meet Your Needs: Stop chasing avoidant or unavailable people and find true connections
- End People-Pleasing for Good: Learn how to prioritize your own needs without guilt or anxiety.
- Heal Your Inner Child: Use therapeutic exercises to release past wounds and create a secure foundation for love.
- Feel Secure in Your Relationship (Without Clinging): Build the trust you need to feel calm and confident in love.
- Communicate Without Fear: Express your needs clearly and confidently without worrying about "pushing someone away."
- Overcome the Fear of Being Alone: Cultivate a deep sense of self-worth that makes you feel whole, even when single.
- Experience True Freedom in Love: Let go of fear and build a love life rooted in security, peace, and joy.



Whether you just moved in together, hit a snag in your domestic bliss, or are struggling to keep with your growing family, this adaptable card deck will help you balance the work needed to keep your household humming. Here's what you're going to do:

1) Sit with your partner for an hour when you're relaxed and feeling good (food and drink help!)
2) Lay out all the task cards, choose only the ones that apply to your family, and take turns deciding which tasks you'll own completely
3) Claim your Unicorn Space cards, which allow you time and space to develop and pursue activities and skills that bring you joy--whether it's learning a new language, playing music, or training for a marathon

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Most Americans, whether aware of it or not, have experienced different kinds of abuse/oppression through the Bible. It is confusing to many people how the same Bible that has been a source of healing and liberation for so many has also been a source of oppression and domination for so many others. It's clear the Bible lends itself to opposite interpretations. This Bible study, which will be led by the Rev. Joe Summers, will look at why this is so. It will help participants read the Bible with new eyes that will make it easier to hear the many divergent voices we find in the scripture, including those who hold up a vision of freedom, equality, justice, collective self-determination, the dignity of human beings, and the integrity of creation. In the process, we hope it will help promote healing and a healthier relationship to the scriptures.

The first part of this Bible study will cover the following topics:

February 25: Bread not Stone: The Paradigm of Domination and the Temple-Warfare State as the social, political, cultural and historical context within which the scriptures were written.

March 4: The Kingdom's myth of the creation of the people of Israel and their faith.

March 11: The Yahwist movement and the Kingdom of God.

March 18: The Kingdom of Israel vs The Yahwist Prophets

March 25: The Ambiguous Legacy: The Later Writings and their Conflicting Visions

From April 15th to May 20th a second part of this Bible study will be offered which will focus on many of these same issues in the New Testament. "

Sign up today!

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How Does He Love Me? Let me Count the Ways:

Understanding the Give and Take Across Love Languages

By Michelle A. McLemore

"I can't wait until you get home. I have a surprise for you," Mike exclaimed during a phone call.

"Ooh, nice. As long as you didn't cut a hole in my car roof."

Silence.

I don't know what made me say it.

"How did you know?" He was shocked (and a little frightened, or so he told me later—not because of the claircognizance but because of not knowing how to undo what was already done.)

The few times I used to go away on business trips, my husband enjoyed arranging some "surprise" for me. Often it was home improvement tweaks. One time he hired someone to weed the gardens so that I wouldn't feel pressured to do it immediately when I arrived back home. This time, he had decided to have a sunroof installed in my car without us ever discussing the topic… and without me wanting one. (Bright light and high heat have always given me headaches.)

I remember being slightly surprised and amused to the elevator floor-dropping swoon on the other end of the phone. Yet, I simply paused and said something to the effect of, "Well, I'm sure it'll be fine." I thanked him for wanting to do something nice for me.

Another year, for Christmas, my husband gave me a vacuum. (Did you groan reading that? I groaned typing it.) Yes, I needed a vacuum, no doubt. Yes, it was a powerful one. No, there was no other gift—nothing sexy, chocolatey, or cuddly.

Now at this point you might be questioning the intellect of my husband. However, I witnessed him take an IQ test and the results were over 130 on the Wechsler-Binet scale placing him three tiers above average. Still, his desire to give gifts hasn't always produced the elation for which he may have hoped.

We are 32 years married (36 years together). We have come through for better or worse, for richer or poorer, in sickness and health, in love, tolerance, intolerance, and into a deeper respectful love. In those multiple decades, despite my psychology background, I never paid any attention when people went on about their "love language." In the mid-2000s it seemed just another trendy phase I presumed made popular by some woman's magazine. You know, the ones whose covers scream "5 ways to X" or "10 ways to Y."

When I finally got around to looking up the basics of Dr. Gary Chapman's famous book, *The 5 Love Languages: The Secret to Love that Lasts,* with chagrin I realized the basics did resonate with some truth.

Understanding the common five communication modes of expressing and perceiving respect and love, it seems valid that relationships could be deepened as well as many misunderstandings possibly prevented if we could vocalize what we crave to our partners, family members, and possibly friends.

I pondered how each of the five have factored into my marriage.

Acts of service demonstrate having listened to or keenly observed your significant other and then willingly spend energy and time acting upon that information as a surprise or per a request for assistance.

For several years I directed and produced plays for my local high school. Mike agreed to help me with set and tech. It wasn't for pay, and he could've said no. I didn't pressure nor guilt him into it. But I can say, without his skill, knowledge, and patience, I could never have brought about the admirable sets and audio experiences that we did. He used his abilities to further and enrich mine and my students' collective dreams.

This method of love also can also be demonstrated in smaller actions. Early in our marriage I experienced a time of immense full body pain. At times it was all I could do to hold my fork at mealtime. He would observe, reach over, and cut up my meat or arrange things so that I could more successfully feed myself and retain some dignity. We didn't talk about it. He just did it.

In more recent years, at least once a summer he details my car. Also, when we go out, he notices and tucks in my stubborn shirt tag. Often, he holds up my jacket for me to put on and then carefully lifts my long hair out from under it if it gets caught. Small or large, the acts of service show consideration.

Verbal expressions of affinity, when it comes from someone we respect, may offset self-criticism or shifty hormonal doubt. Yes, "I love you" is important. But consider the weight of hearing, "I am proud of you. You are creative. You are kind. You have a beautiful heart. You are inspiring. You are a great problem-solver. You are an asset to the team. You make others feel comfortable with your mere presence…." The spoken word has a powerful energy vibration, and the waves can wash through the biofield and nervous system with soothing, empowering strength.

I started experimenting with cooking these last few years and an opportunity came to cook for a work crew of about 10 men. Each time I did a lot of research to produce healthy, colorful, tasty meals.

One day, Mike paused next to me during meal prep and said, "I'm proud of you."

I scoffed amused, and responded, "For cooking?"

He stated, "For trying new recipes. Keep it up and I'll buy you a restaurant."

He was joking about the restaurant, but it was a compliment. He observed my dedication, the positive results, and verbalized it so I knew he didn't take my actions for granted. (It was a work crew in which he was a member.)

Sometimes people wait their entire lives to hear phrases that they have craved since childhood. Sometimes it's not about healing lifelong trauma but recognizing someone's efforts in the present and showing gratitude for their care and commitment. Verbal communication ensures your loved one hears the exact message you want to transmit and that they may need to hear.

Physical affection reinforces connectiveness in the third dimension. It's the intimacy of having permission to touch someone safely and be touched safely—a way to speak volumes when words may fail. The touch is the message: I am glad we are together. I am thankful for your existence. I am with you. The actions may seem simple such as a reach for your hand, a hug, soft strokes of your hair, a casual shoulder squeeze as they walk by, or even reaching to hold a thigh in the car or while watching tv?

There is a beautiful rendition of "More than Words" by the hosts of *The Voice,* Blake Shelton, Gwen Stefani, Kelly Clarkston, and John Legend. The lyrics address the point: "What if I took those words away? / Then you couldn't make

things new, / just by saying, 'I love you.'" The song is all about physical affection (which does not have to be sexual).

When my husband reaches for my hand in public it stirs something deeply within. If one of us is walking by the other at home, or on the way out, it has become an unstated agreement, we hug or kiss. Whereas massaging each other's hands or neck is a service out of love, the spark of a touch anytime during the day (without it being intentional foreplay) can be beautiful and deeply harmonizing.

Quality time together generally requires sharing space, presence, and energy focused on each other or experiencing the same thing together to be able to discuss or reminisce later about it. Sitting near each other while one reads and the other watches videos may not fit my definition of quality togetherness despite meeting the proximity criterion. But, if occasionally there is discussion or sharing of what is being read or watched, then it upgrades the experience completely.

Quality time could be asking about each other's day and sharing conversation over coffee or dinner. It could be taking a trip together or engaging in some other entertainment—games, movies, service projects. It most likely will require both your awareness of the other in the moment and investment in the shared experience.

With a busy audio engineer for a husband, attending his concerts was often the only time we would see each other during daylight hours. I'd sit grading papers or writing and occasionally we'd make eye contact and share a smile as he moved from sound board to stage and back again. It was pleasant near each other. However, the quality of the time elevates when a slow song comes on. He takes a few steps away from the console and invites me to dance. In that next three minutes and twenty odd seconds, we create a world of our own in a four by four-ish square of dance floor. It satiates our hearts and spirits more than an hour of simple proximity could ever do. Looking into each other's eyes, we move in rhythm, joke about who is leading, laugh, sing, and breath together—resynching and recharging each other.

Gift-giving for surprises and non-holidays suggests someone thought about you when there was no societal compulsion to do so. They took their time—and often money—to purchase or create something hours, days, or weeks in advance of the presentation time. The more personalized a gift, the more reassurance there is in the depth of their knowing you. For some, a monetary gift proves they are "worth" something to their significant other whereas for others, hand-made or constructed gifts are more valued.

One of the most beautiful gift surprises I received was when Mike hung a chandelier in my office/art studio. I had bought the piece for my production of "You Can't Take it With You." Here it was in my Victorian-themed get-away space lit up with a simple flip of a wall switch. I was speechless (and of course cried some). It was a gift with multiple layers of sentimental value. It was practical (as I didn't have a fixture in that area yet). And it was a complete surprise—a perfect gift for me.

Other times he has watched when I've paused longer than normal in front of a painting or piece of clothing and suddenly, they appear at home. Then of course, based on the phase of moon, sometimes I'll walk into the kitchen and see he has set out a Coke and a Hershey with almonds chocolate bar for me. "For emotional support," he states with a small smile.

What methods feel the most authentic transmission of another's love and respect to you? If you aren't seeing them in your relationship, perhaps it is time to have an honest discussion with your significant other. My husband used to think I should know that he loves me without having to say it. He felt the same about our relationship quality. I thought intermediate check ins made sense. We've come to an agreement that if something is wrong or making him unhappy, he will tell me sooner rather than later. If he doesn't tell me something is wrong, then there isn't.

Yet, over the years we have worked in separate U.S. states for weeks or months at a time while other times we may have been under the same roof, but our excessive work schedules reduced both our energy levels and free time. When I began to feel agitation and anxiousness disturb my flow, I shared a need: "I need to hear you say that you love me. I also need to hear from you at the beginning of each day to know you are okay."

He heard and strives to accommodate. It might simply be a "Good morning. Have a great day" text when work takes him miles away overnight. It might be a ten-minute phone call. The interaction length of time doesn't seem to matter. It is the verification he is safe on the road. Then, I can go about my day.

I know he has felt a difference from it as I've heard him suggest the action to other husbands when they share marital strife from being on the road.

Vocalize what you need. Don't expect your partner to read your mind. (Yes, they probably can if you are connected well, but don't expect them to do it.) It is not a complaint or attack on how they have loved you in the past. It is a desire to bring more closeness, strength, and peace to the relationship.

I don't believe we all have a priority order for love languages per person, but I do know the impact of having experienced the variety over the years and can admit I have needed, or craved, different ones at different times of my life. I am grateful we are in a place that I can feel safe to share with him what I really need and thank goodness he can feel safe enough to listen and not feel defensive or under attack.

We are not in relationships by ourselves. It is a give and take—a building of bridges, presence, present, and future together.

A common hiccup with love language use is that people often treat others as they, themselves, want to be treated. Yet partners do not always value the same love language. Other times we rely upon what we witnessed parents or guardians did (or did not do). That can cause unnecessary complications and unease in relationships.

If gifts are only given after someone has made a huge blunder, it may come off as insincere or buying forgiveness or affection. If someone says, "I love you" frequently but acts otherwise, it may make anything vocalized seem disingenuous.

I began this article to share how the love languages could clarify our affections to others. In defining examples, it became a personal gift. How does my spouse love me? Let me count the ways. And may I be as attentive and considerate in response to him, my family, and friends.

Michelle McLemore is a freelance writer, speaker, and energy practitioner. Her background as a psychology and writing teacher supports personalizing client self-care to create balance and vitality. Learn more at facebook.com/MichelleMcLemoreHealingGuide, michelle.mclemore on Instagram, and mclemore.substack.com. Email inquiries to energy@michellemclemore.com.

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Calendar edited by Kaili Brooks

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Animals and Pets

Holistic Pet Care with Mary Light • Saturday, March 28 • 9:15 a.m. to 4:00 p.m. • Mary will discuss and demonstrate how to administer topical and ingested herbal formulations and the reasons for each. We will make in class, two different commonly useful therapeutics to take home and have on hand along with that which is needed to administer. We will also learn how to palpate and observe and assess pets. $200; includes formulas. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Telepathic Animal Communication with Judy Liu Ramsey • Saturday, February 28 & Sunday, March 1 • 9:00 a.m. to 5:00 p.m. • Learn to communicate with animals the way they communicate with each other. Using all your senses, open to your intuitive, playful perceptions through exercises that will support your opening safely and comfortably. Pre-requisite: Read Animal Talk, by Penelope Smith. The class is taught via Zoom. $180/$90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Art and Craft

Westside Art Hop Call for Artists with Sophie Grillet • Sunday, February 1 through Monday, March 16 • Are you an artist who would like to be part of the 2026 Westside Art Hop? If you've done a hundred art fairs or zero art fairs, we would love to hear from you! Applications are open for Ann Arbor's quirkiest and highly accessible art fair from February 1 through March 8. $18. For more information contact info@westsidearthop.com or visit westsidearthop.com.

Rock Solid Love: Connecting the Gem Within with Jen Kramer & SEL ROCKS • Monday, February 9 • 3:30 to 5:00 p.m. • Celebrate love and connection by creating a heart-shaped pebble canvas. Explore self-love, meaningful relationships, and the wisdom of the heart while making art that radiates kindness and connection. $40. For more information contact Jen at (810) 772-1852, or visit selrocks.com or angelwhispers.org.

Illustrating and Writing for Children's Books with Jennifer Carson & Whitepine Studios • Monday, March 2, 9, 16, & 23, April 6 & 13 • 6 to 8:00 p.m. • Course is designed to guide you through creating a children's story, from concept to illustrated page! You'll learn the fundamentals of writing engaging stories and receive supportive peer and instructor feedback to help refine your ideas and strengthen your writing voice. You'll also learn to create simple illustrations that complement your story. $150. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Polish & Shine: Rocks of Renewal with Jen Kramer & SEL Rocks • Monday, March 9 • 3:30 to 9:00 p.m. • Embrace renewal as spring approaches! Polish, shine, and decorate river rocks while exploring themes of growth, reflection, and self-care. Leave feeling refreshed, grounded, and shining from the inside out. $35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, March 9, 16, & 23 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $32. For

From Our Current Issue

Kindred Conversations

with Hilary Nichols

The Poet and the Philosopher:

The marriage of Erin Zindle and Ross Huff

What happens when a poet and a philosopher fall in love? What does it sound like when a violin and a trumpet harmonize? Erin Zindle and Ross Huff invited the whole town to find out. On December 12, 2024, their wedding invitation welcomed all to join in their unique ceremony. The post on their public Facebook pages invited "Everyone we know and love to come and celebrate with us, so we're sharing this event with friends, students, neighbors, etc. No personal invitation or RSVP is required."

When two of the most talented and prolific musicians in Ann Arbor come together, the synergy of sound and sentiment is too beautiful to miss. "We've been writing words and melodies to express our love story in all of its depth and magic, with the goal of sharing it with you, our dearest ones, as we celebrate our union together."

Erin Zindle plays the fiddle and keyboard and is the songwriter and leader of the nationally touring folk-rock band Erin Zindle & The Ragbirds. Zindle's voice is honey warm and real with the power to deliver intricate and vulnerable lyrics over globally infused rhythms. The band has performed in 47 states averaging 150 shows a year on stages and festivals such as Electric Forest/Rothbury, Wheatland, Blissfest, Green Room Festival (Yokohama Japan), South by South West and more.

Ross Huff is Ann Arbor's premiere trumpet and flugel horn player working on stage and in studio, as a bandleader and sideman in at least six active acts: Rhyta, Rolly Tussing Trio, Jive Collosus, The Pherotones, The Tone Farmers, and The Macpodz, and he sits in with the Ragbirds. The Macpodz and The Ragbirds are considered brother/sister bands, having toured and performed on the same festival circuit for years. When did they meet? They can't answer that question. "I don't remember meeting you—it's like we've always known each other," Zindle sings from a yet unreleased love song.

The two have been stalwarts in the Ann Arbor music scene for nearly two decades. "Ross used to sit in with us," Zindle remembered. The two have jammed with each other's bands many times over the years. There are photos of Huff sitting in with the Ragbirds at Rothbury, Hoxyville, and Summer Camp festivals. "Ross was such a great improviser and could always find his fit."

Zindle remembered late night after a gig in Traverse City with the two crews. "Ross came through with a plate of toast hot with melty butter." Zindle took note. The two shared mutual appreciation for years.

"Sharing food was the start of our story," Huff recounted. "The Macpodz would bring one cliff bar for the weekend. It was mine. Split five ways. And then, there was Erin, making hot breakfast burritos on her camp stove to share. She may have saved our lives."

What happens when a poet and a philosopher fall in love? What does it sound like when a violin and a trumpet harmonize? Erin Zindle and Ross Huff invited the whole town to find out.

Zindle was equally wowed when Huff would arrive at any bonfire with a bag of potatoes and a roll of foil under his arm. "What is he doing?" She wondered. By the end of the night, he passed out hot and buttery baked potatoes straight from the coals. "He got some notoriety for his weird magical potato tradition. We all loved it."

The potato became more than mere sustenance: it is a central allegory of their operating system. "Off to the mines," Huff chimed. "I call myself a potato miner when I play a gig. We extend this energy, as we offer our gift of music exchanged as our currency. For that we get the pay that we take to the shop to purchase the potatoes that replenish our energy." He is philosophical about the process. "You can't take your songs to the grocery store. This is our alchemy." Gigging and teaching is how both Huff and Zindle make a living and a life.

They already shared such a familiar lifestyle, now sharing their home and a rehearsal studio, "It has been such a natural fit," Zindle expressed.

Huff affirmed, "This is my version of success. This is a bounty. Not accumulating wealth, but flourishing."

"Before our relationship started in our current form we would talk a lot," Zindle noted. "I always had a lot of respect for Ross. When we were in conversation with other people, I would get rolled over. I am very quiet. Ross would bring it back, 'Erin what was that you were saying?' He was a listener. I noticed. That meant a lot to me." Zindle continued, "He is good at managing the whole social dynamic. He is good at parties, but it is so much deeper. He is good at making people feel seen. I would see his posts about his process, and it inspired me."

Huff writes short prose to post on his pages. "Nothing profound," he deferred. But some would disagree. His pieces are insightful, philosophical, and so true they are heartbreaking, making meaning from the mundane.

Zindle was impressed. "I was trying to get you to turn your beautiful writing skills into song lyrics, but then I realized you weren't really interested in that form."

Huff affirmed, "That is the difference between us. You are structured, I am free form." Zindle credits their astrological charts. (Huff has more immutable signs, where Zindle has more fixed signs.)

The two rave about and respect each other's ways. Huff commented, "I get to see the wood working of her crafting process from a rough-hewn thing becoming refined. The outline of an idea becomes a song that we are then all immersed in."

Read the rest of the article online!

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more information contact Robin Lily at robinlily@reciprocalripples.earth or visit reciprocalripples.earth.

Our Earth Rocks: Love, Care & Connection with Jen Kramer & SEL ROCKS • Monday, April 13 • 3:30 to 5:00 p.m. • Honor Earth Day with creativity and purpose. Paint rocks that inspire love for our planet and learn simple ways to care for the Earth. A workshop filled with art, awareness, and positive impact. $35. For more information contact Jen at (810) 772-1852, visit selrocks.com, or angelwhispers.org.

Book Discussion Groups

Spiritual Book Study with Sunny Johnson-Lemieux • Ongoing Wednesdays • 6:30 to 7:30 p.m. • Join our weekly online book study, currently reading *The Second Coming of Christ* by Paramahansa Yogananda. Each session includes a brief meditation, prayer, shared reading, and uplifting discussion. All are welcome at any point. The format encourages positive, focused sharing and a supportive space for spiritual growth. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

***10 to 25: The Science of Motivating Young People: A Groundbreaking Approach to Leading the Next Generation—And Making Your Own Life Easier by David Yeager, PhD* with Leanne Fu • Saturday, April 11 • 1:30 to 2:30 p.m.** • 10-to-25-year-olds are wired to prioritize seeking respect. What can be transformed when we work with that instead of against it—pairing high standards with effective support that lets them earn respect through real contribution? How can Teddy Bear Talk Support come in to help young people thrive? FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, February 1, 15, & 22, March 1, 15, & 22, April 5, 19, & 26 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states. 1st and 3rd Sundays in Ann Arbor, 4th Sundays in Ypsilanti. FREE, donations welcome. For more information visit thisbreath.com.

Buddhism

Sunday Service with Temple Clergy • Ongoing Sundays • 10 to 11:30 a.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Ongoing Sundays • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

ever-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Ongoing Tuesdays • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / $100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Ongoing Thursdays • 7 to 8:30 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program continues previous Precious Garland events. $65 Jewel Heart members/$75 Jewel Heart non-members. Pay what you can; no one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Dexter Sangha with Whitney Prince • Ongoing Fridays • 9 to 9:50 a.m. • Open to all, these weekly drop-in sessions include a short talk, meditation, and opportunities for sharing, emphasizing the Buddha's approach (Early Buddhism tradition) to liberation from suffering. They are a wonderful way to explore and deepen our meditation practice in community and appropriate for meditators of all levels. $5 suggested donation. For more information visit veraposeyoga.com.

Visitor's Program and Residential Opportunities with Maum Gloria Cox • Dates to Be Discussed with Inquirers • The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the

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daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. Cost varies depending on length of stay. For more information contact Maum Gloria at maum1952@gmail.com.

Gampopa's "Jewel Ornament of Liberation" with Khenpo Tshering Chophel • Saturday, February 7 & 21, March 7 & 21, April 4 & 18 • Noon to 1:00 p.m. • Gampopa's "Jewel Ornament of Liberation" is a comprehensive explanation of the Buddhist path, including such key topics as Buddha nature, impermanence, karma, and the cultivation of bodhicitta: selfless compassion for all beings. Each session we discuss a new chapter, with commentary by Khenpo Chophel. FREE, donations welcome. For more information contact Lama Nancy (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Introduction to Buddhist Teachings and Meditation with Whitney Price • Tuesday, February 3, 10, 17, & 24 • 11:15 a.m. to 12:30 p.m. • Focused on the key components of the Buddha's approach to liberation from suffering, this course will set participants on a path of transformation and greater peace. Based in the "early Buddhism" tradition, it is appropriate for both beginning meditators and individuals with some meditation experience seeking to nurture their practice. Standard fee: $104 for 8 classes; before December 30, $96. Verapose Yoga students: $96 for 8 classes; before December 30, $88. Drop-ins: $15 per class. For more information, contact Whitney at wprice@me.com or visit veraposeyoga.com.

Family Services with Temple Clergy • Sunday, February 8, March 8, & April 12 • 9:45 to 11:30 a.m. • Family Services with age-appropriate groups are being offered the second Sunday of the month, for toddlers through high school. Program includes music, activities, and dharma lessons from qualified instructors. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

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*Non-medical. Can be an auxiliary part of conventional hospice.

Chung Cho/Dal Ahrens
734.637.5151 • dal.ahrens@gmail.com

Earth Day Celebration with Temple Clergy • Sunday, April 26 • 10 to 11:30 a.m. • This annual observance commemorates the 1970 birth of the modern environmental movement. We honor the gifts of mother earth and pledge ourselves to the principle of non-harming. Following the service there will be an outdoor celebration and garden planting. Donation-based. For more information contact the Zen Temple at (734) 761-6520 or email annarbor@ZenBuddhistTemple.org.

Cannabis/Medical Marijuana

Grow Your Own Workshop with Robbin Pott • Tuesday, April 28 • 6:30 to 8:30 p.m. • Grow Your Own Workshop empowers participants to confidently cultivate cannabis at home using regenerative methods. Over six virtual sessions, Robbin Pott provides guidance through every stage of outdoor growing. Growing your own is a fun, affordable way to ensure you are getting quality flower, and it's completely legal in Michigan. 6-month session begins in April. Sliding scale $250 - $750. For more information visit pottfarms.com.

Ceremonies, Celebrations, and Rituals

Chalice Temple with Mara Evenstar • Sunday, February 8, March 8, & April 12 • 11:00 a.m. to 12:30 p.m. • At its heart, Chalice Temple is a space of renewal. Designed as a touchstone for the world-weary, it offers an invitation to connect more deeply with yourself, other like-hearted souls, and the Divine. Whether you are new on the path of awakening or returning, you are met where you are and invited to drink deeply. $333 prorated based on enrollment date. For more information visit maraevenstar.net.

Spring Equinox with Esther Kennedy • Sunday, March 22 • 3:30 to 4:30 p.m. • Celebrate the awakening. Breathe the freshness of the Earth. Share a song, a story or, perhaps, a treat to share. FREE, open to all. Registration not required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Inai at Madden • Sunday, April 12 • 1 to 3:00 p.m. • Join us as we open a new art gallery on the Motherhouse Campus: Inai at Madden. FREE. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Channeling

Remembering Wholeness: Darshan with Barbara Brodsky & The Mother • Sunday, February 15, March 22, & April 26 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested Donation: All-$50-$140; Single: $10-$30. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Live Channeled Discussion with Spirit: Living in a Stressful World with More Ease and Joy with Barbara Brodsky, Aaron; Colette Simone, & Yeshua • Wednesday, March 4 • 6:30 to 8:30 p.m. • A unique opportunity to spend time with Spirit. Join us for a special evening when Spirit offers a discussion with Barbara Brodsky, channeling Aaron and Colette Simone, channeling Yeshua. This lively discussion may also include other spirit friends. FREE, donations are welcome. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Childbirth

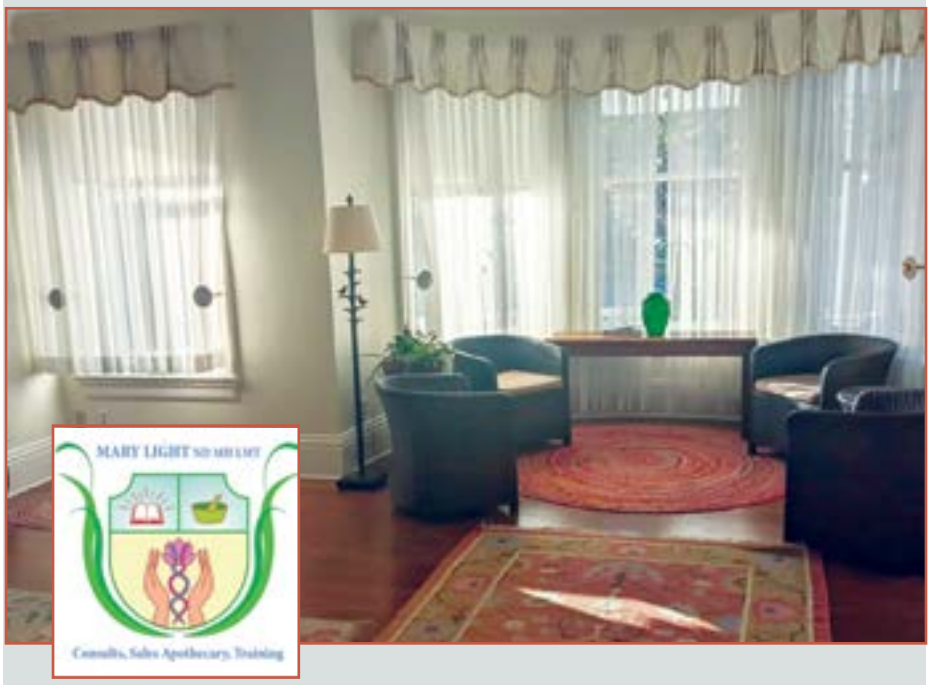
Understanding Birth and Baby: Childbirth Education with Ariana Riegel & Katy Gladwin • March 7, 14, 21, & 28, April 4 & 11 from 10:00 a.m. to 1:00 p.m. AND March 11, 18, & 25, Pril 1 & 8 from 7 to 8:30 p.m. • With evidenced based information and knowledgeable anticipatory guidance we equip parents with the information they need to make the next best decisions for their families. Our hybrid format--2 In-person weekends, 4 virtual evenings—combines a virtual classroom with recorded content, worksheets, handouts, and resources with synchronous sessions to give you over 15 hours of learning about childbirth and postpartum. This model allows for the convenience of virtual classes while also reaping the benefit of in person sessions for connection and kinesthetic learning. Our multi-week hybrid course gives you time and space to truly digest and integrate all material. $390. Located at the Gladwin Center: 4105 West Liberty Road, Ann Arbor, MI 48103. For more information contact Ariana and Katy at ypsiarborcbe@gmail.com or visit ypsiarborcbe.com.

What's New in the Community

SPOTLIGHT!

By Lynda Gronlund

After closing her state-licensed Ann Arbor School of Massage in December of 2024 and taking some time to regroup, massage therapist, traditional naturopath, clinical herbalist, and teacher Mary Light has landed in a new location and business structure: the Dexter Natural Health Center.



The Center is situated in a large historic home built by pharmacist Dr. Robert Honey in 1895, still called the "Honey House" by locals. Among other things, Light said that she is building an herbal apothecary there and imagines Dr. Honey would appreciate this continuation, in a sense, of his pharmacy.

The house has a lot of space, said Light, and she sees potential in all of it. Light will continue offering massage therapy and naturopathic medicine in private practice. The 2026 cohort of students for the herbal medicinal certification series beginning in January. Also in January, a separate "fourth Saturday" extension series focusing on different areas of interest, including holistic pet care, medicinal garden design, muscle and bone care, and cleansing methods, will all meet at the new Health Center building.

Light will also offer space to other natural and holistic practitioners. The Center offers classroom space, private space, and ample free parking. The large front porch can host small gatherings in the spring, summer, and autumn months. The space would be ideal for bodywork, acupuncture, talk therapy, movement and yoga classes, and more. She is open to providing space for free offerings as well: such as support groups, 12-step meetings, and similar groups looking for quiet meeting space.

About her herbal medicine course offerings, Light said that she has noticed an increase in interest. People are seeking this knowledge for personal and professional empowerment, she explained. She is also noticing more of a demand for her own services as a naturopath and herbalist, as people seek alternative methods of healing and taking care of their health.

As she settles into the Dexter area and connects with people and businesses there, Light looks forward to collaboration and participation in local events like the Dexter Christmas Walk and Dexter Daze summer festival. She anticipates a more formal Grand opening sometime in January or February. Keep an eye on the website for a date.

The Dexter Center for Natural Health is located at 3255 Central Street, Dexter, Michigan, 48130 and is open by appointment or class time. Mary Light can be reached by phone at (734)769-7794 or by email at nshaaassociates@gmail.com. Her website is naturopathicschoolofannarbor.net.

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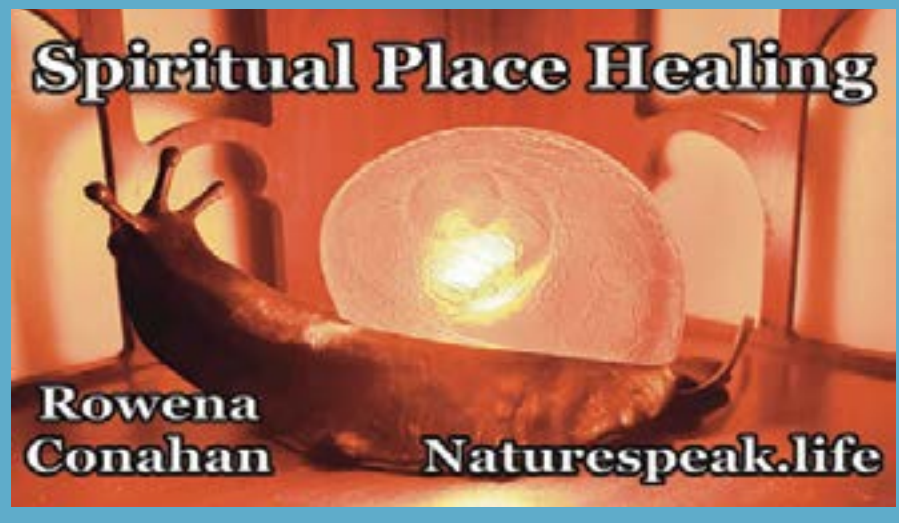

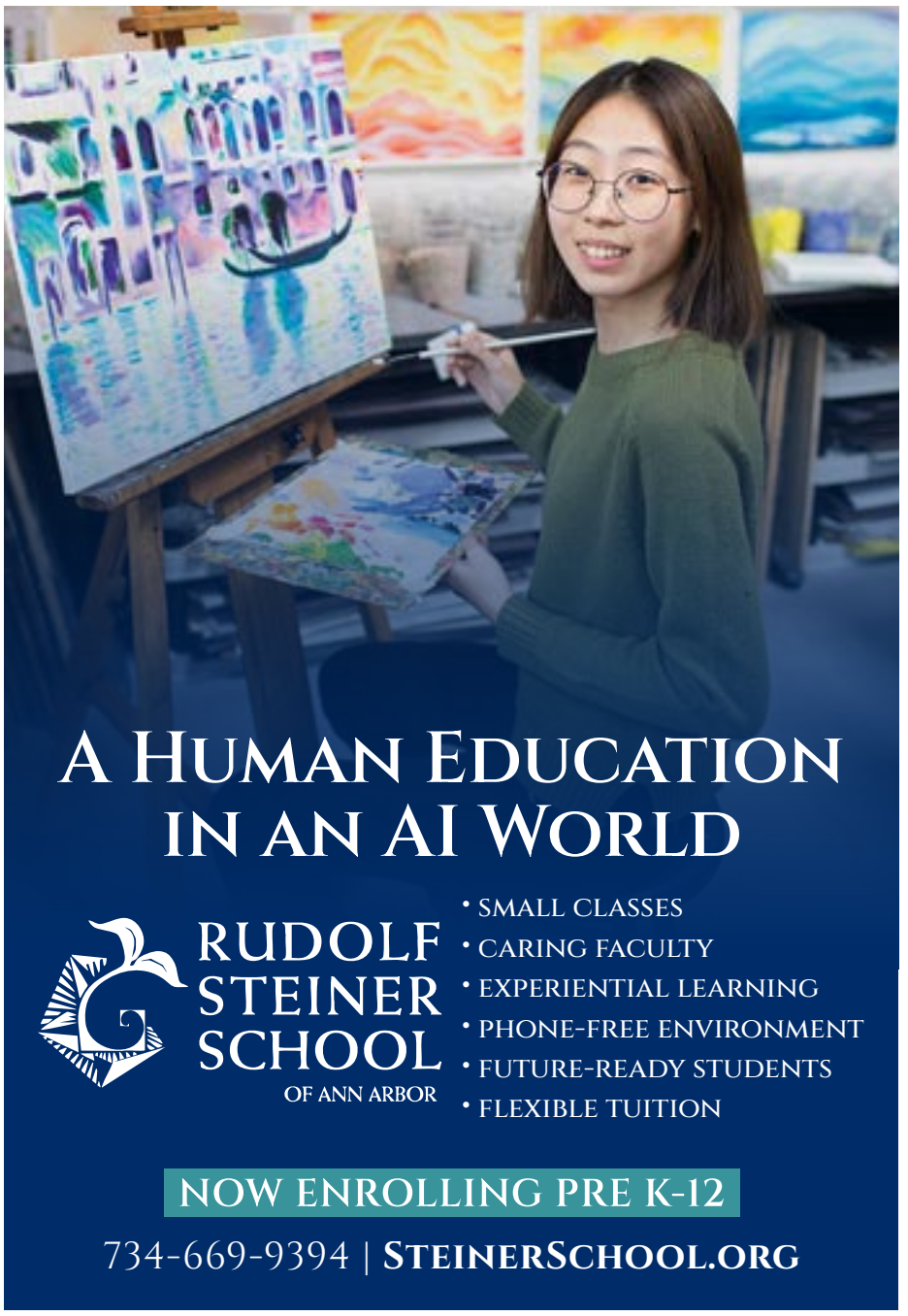

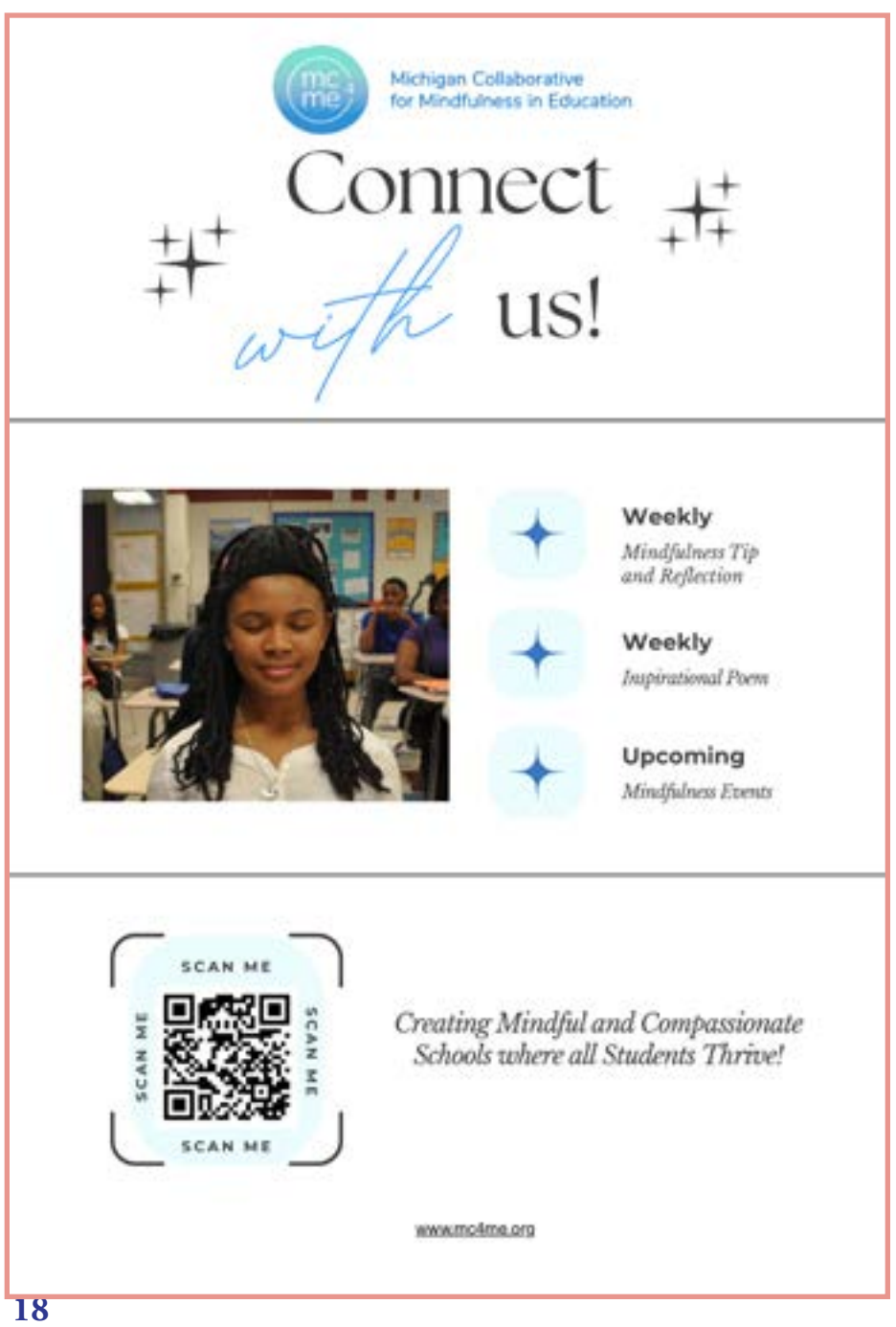

The Crazy Wisdom Calendar

Mommy and Me Classes with Kaili Dence • Saturday, March 14, & May 2 • 10 to 10:45 a.m. • Mommy & Me Classes are held once a month on Saturdays and are the perfect way to spend creative time together! Each session features a special themed project that kids and their caregivers will love making side by side. $15. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Spring Break Art Adventure Camp (Ages 5-12): Passport to Creativity with Hollyann Stewart and Kaili Dence • Monday, March 30 through Friday, April 3 • 9:00 a.m. to 4:00 p.m. • Pack your bags and get ready for an artistic journey around the globe! In this week-long camp, young artists will explore landmarks, customs, and traditions from countries near and far, using them as inspiration for exciting art projects. $395. For more information contact Joanne at (734) 330-2079 or email joanne@whitepinestudios.org.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Ongoing 1st Saturdays • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Open to all adults. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Ann Arbor Death Café with Merilynne Rush • Ongoing 3rd Saturdays • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small & large group discussion, deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note: this is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Death Café with Rev. Annie Kopko • Tuesday, February 3, March 3, & April 7 • 6:30 to 8:00 p.m. • A group-directed discussion about death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, donation welcome. For more information visit interfaithspirit.org.

End-of-life Doula Training with Merilynne Rush • Wednesday, February 11, 18, & 25, March 4, 11, & 18 • 4:30 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their "family," and culturally and LGBTQ-sensitive care. $725; scholarships and payment plans available. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Advance Care Planning Facilitator Training with Merilynne Rush • Thursday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate, discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. $265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Dreamwork

Lucid dreaming with Amy Pletsch • Wednesday, February 4, 11, & 18 • 7:45 to 8:45 p.m. • Explore the art and practice of lucid dreaming — knowing that you are dreaming within the dream. Experiment with flying, walking through walls, and altering your dream reality. This class explores the theory and practice of lucid dreaming, as well as daytime and nighttime practices to stabilize and deepen lucidity, aid dream recall, and help you become lucid within dreams. $15-30 per class or ~$108 for the session package. For more information contact Amy at meditativejourneys108@gmail.com or visit dharmaallday.com.

Awake in the Dream with Cyrus Scholl • Tuesday, March 3 • 6 to 8:00 p.m. • Play with principles & tools to help interpret your dreams and usher your subconscious dreaming into conscious awareness, fostering balance in your waking life. $35. For more information contact info@angelwhispers.org or visit angelwhispers.org.

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The Crazy Wisdom Calendar

Drumming

Intro to Taiko Drumming Workshop with Eileen S. Ho & the Great Lakes Taiko Center • Sunday, February 22, & March 22 • 3 to 4:30 p.m. • Join us for a workshop in the powerful artistry and generous spirit of Japanese Taiko Drumming through demonstrations and hands-on activities. Share in our dream of collective play as we explore the rhythms and groove of Taiko music together. $49/workshop. For more information contact Eileen at (734) 489-1090, email eileen@greatlakestaiko.org, or visit michigantaiko.net

Drum and Dance Jam with Curtis Glatter • Saturday, April 4 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition, relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum or use one provided by the event. $5 suggested donation. For more information visit interfaithspirit.org.

Energy and Healing

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, February 26, March 26, & April 23 • 7:30 to 9:30 p.m. • Be an influence for unconditionally loving transformation. Join with Master Healer, cutting edge leader of World Healing Ascension, Eve Wilson. Strengthen unity with Higher Self and ground into your body to bring healing and ascension to yourself and the world. Meet every 4 weeks on Thursday live by phone or computer or anytime by MP3. $300 Series of 6—sliding scale available. For more information contact Eve at (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Exercise and Fitness

Original Strength Resets Community Sessions with Rodger Park • Ongoing Tuesdays • 7 to 7:30 p.m. • Reset your neuromuscular system to move better! Simple, gentle, scalable movements great for everyone, from recovering couch potatoes to hardcore athletes, all ages and conditions. FREE, donations accepted. For more information contact Huron Valley Aikikai at (734)417-2735, email hvaikikai@gmail.com, or visit hv-aikido.com.

Festivals and Fairs

Enlightened Soul Holistic Psychic Fair with the Enlightened Soul Center & Shop • First & Third Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. $5. For more information visit enlightenedsoulcenter.com.

Michigan Psychic Fairs Weekly Psychic Events in SE Michigan Communities • Sunday, February 1, 8, 15, March 1, 8, 15, 29, and April 12, 19 & 26 • Noon to 6:00 p.m. Experience readings from gifted psychics and healers, and shop spiritual vendors who bring their unique talents and offerings to each psychic fair. Each weekend is a different location in SE Michigan.. Visit http://michiganpsychicfairs.com for dates, towns, and full details.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, February 13, March 13, & April 10 • 7 to 9:15 p.m. •

• February 13— "The Dalai Lama: Scientist." 2022. His Holiness tells the unknown story of his lifelong journey into the world of science and how things have changed as a result.
• March 13 and April 10— "On Life and Enlightenment." 2006. Principles of Buddhism presented by his Holiness the Dalai Lama.
• FREE; concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Gardening and Ecosystems

Medicine Garden Design with Mary Light • Saturday, April 25 • 10:00 a.m. to 2:00 p.m. • Each participant will bring in a photo, if they have one, plus information about size and sunlight orientation. Mary will discuss and guide plant choices of common and effective medicines, how to care for and harvest them, and give local resources. $100. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Healing

"Making Sense Of" Series: A Problem-Solving Approach to Healing with Diane • Ongoing Wednesdays • 7 to 8:30 p.m. • Are you feeling overwhelmed? Need help figuring out where to start? In small groups, I will lead you through a unique problem-solving process. Topics include Parenting & Communication (February), Menopause (March), and Big Life Transitions (April). Each topic will be explored in sessions once a week on Wednesdays for the first 3 weeks of each month. $150 per topic (3-week session). For more information contact Diane at (734) 474-5700, email connectingthedotscounselor@gmail.com, or visit connectingthedotscounseling.us.

Brain Tune-ups for Saturdays with Debra Metler • Ongoing Saturdays • 11:00 a.m. to Noon • Brain Tuneups are one hour long, virtual, group workshops created by Debra Metler MSW, CHC. They include scientifically proven brain exercises and pertinent information to help improve cognitive functions like memory, focus, problem-solving, and overall mental health. Tune-up your brain with your friends and family! $20/person (minimum of 3 participants). For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Threads of Connection with Shannon Clare & GrieveWell • Sunday, February 22 • 2 to 4:00 p.m. • When a loved one passes, they sometimes leave behind unfinished projects—knitting, embroidery, etc. We welcome the bereaved to share in maintaining connections to their loved ones through continued creation. We celebrate our loved ones as we weave our hearts into their work. No experience necessary. FREE. For more information contact Shannon at (201) 407-2497, email laresh@med.umich.edu, or visit GrieveWell.com.

Herbal Medicine

Digestive, Gallbladder, & Colon Treatment Methods with Mary Light • Saturday, February 28 • 9:15 a.m. to 4:00 p.m. • Highlights: Showing students how to palpate the gall bladder and attune to red flags that it needs attention. Two gentle botanical applications —topical and ingested—to promote beneficial movement in the upper digestive area. Discussion of compound formulas to rejuvenate colon and small intestine function. $200; includes supplies and formulas. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Holistic Health

Open House Dexter Natural Health Center with Mary Light • Saturday, February 14, & March 14 • Noon to 1:00 p.m. • A time to look ahead, register for classes, set up those self-care appointments. Hot Chocolate here! FREE. For more information contact Mary Light (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, February 1, & April 5 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of clarity and spiritual openness. $15. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander • Tuesday, February 3, March 10, & April 7 • 7 to 8:00 p.m. • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. Some prerequisites. $10. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Manifesting your Dream with Renee Lennard • Saturday, February 28 • 11:00 a.m. to 1:00 p.m. • Whether you're seeking clarity, motivation, or a fresh perspective, this workshop offers a structured approach to help you move forward with confidence. Join us on this transformative journey and unlock the potential to manifest your dreams. $40. For more information contact call Renee at (810) 634-1892, email angelreadingswithrenee@yahoo.com, or visit angelwhispers.org

Spring Intensive: Webinar & Teleconference with John Friedlander • April 26, Exact Dates TBD • New material with continued development of advanced core techniques seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development Class, CD set or permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Love and Relationships

Couples and Family Healing 2-Part Class with Rev. Eve Wilson • Thursday, April 30 • 7:30 to 9:30 p.m. • One or more person(s) per couple or family meet by teleconference class to understand what draws us into families and relationships, what we are trying to accomplish, and how to find greater intimacy, love, and fulfillment. Part II is a private session with Eve to understand and heal dynamics in your relationship or family. $300 for both parts I and II. For more information contact Eve (248) 854-6873, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Massage

Public Massage Class with Irene's Myomassology Institute • Friday, March 13 • 7 to 9:00 p.m. • You can relax and have some fun at Irene's Public Massage Class. During this two-hour class, you will be able to learn basic techniques while giving and receiving a massage. If you've never given a massage, this is a great chance to explore the benefits of touch. Classes fill up quickly so don't delay! For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Couples Massage with Irene's Myomassology Institute • Sunday, March 8, 15, 22, & 29 • 1 to 4:00 p.m. • In this class, you can take a break from everyday life to spend four fun evenings with your significant other, while learning proper techniques of a relaxing full body massage. Share the gift of massage as you learn the true art of touch. $275 per couple for all 4 classes. For more information contact Irene's Myomassology Institute at (248)350-1400, email contact@irenes.edu, or visit irenes.edu.

Meditation

White Tara Guided Healing Meditation with Jewel Heart Instructors • Ongoing Sundays • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Weekly Silent Meditation Practice with Colette Simone • Ongoing Sundays and Tuesdays • Sunday from 11:00 a.m. to Noon AND/OR Tuesday from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self-kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Suggested donation: $5. For more information contact Tana at (734) 477.5848, email om@deepspring.org, or visit deepspring.org.

Healing and Compassion Meditations with Hartmut Sagolla • Ongoing Mondays • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Evening Group Meditations with Song of the Morning Community • Ongoing Tuesdays, Wednesdays, Thursdays, Fridays, & Saturdays • 8 to 9:00 p.m. • Evening Meditations include guided prayer, chanting, and silent meditation, with simple instruction to help newcomers feel supported. Practices are offered in the spirit of Paramahansa Yogananda's teachings. FREE. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Mantra Kirtan with Ananda and Deva • Ongoing Thursdays • 6:30 to 8:00 p.m. • Traditional Hare Krishna chanting circle for healing and connection with vegetarian meal served after at 8 p.m. All welcome. FREE. For more information

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"I am not afraid of storms, for I am learning how to sail my ship"

-Louisa May Alcott, *Little Women*

When confronted with life's inevitable storms, I reflect upon my grandmother. Her energy was gentle yet profound, like a breath. I can no longer ask her advice, but I can lean into what I remember about the way she lived her life. I carry within me her words of wisdom and the warmth of her embrace. In the quiet moments between breaths, I'm soothed by memories of her, and it's in that space that I recenter when I'm feeling lost.

I called her "Babcia," the Polish word for grandmother. Most evenings, I'd curl up on her bed beside her, and she would reflect and tell me stories of her life experiences. She endured a lot of trauma during her life, yet she always maintained a strong sense of hope, perseverance, and love.

I remember her hands as she taught me how to sew and embroider. Sewing was both practical and creative, to mend and also to beautify. The most seemingly unsalvageable pieces came together under her encouragement and delicate stitches. I think of her every time I pick up a needle and begin to sew.

On a recent snowy day, my children and I decided to curl up under a blanket and watch *Little Women* together. As fluffy snowflakes fell outside the window, we considered connections, great loss, gentle wisdom, and growth through struggle. Later that evening, my youngest recalled a scene where the character, Jo, said "I can't believe childhood is over." My daughter expressed her own fear of time passing and a desire to linger in moments. She said that she has been witnessing her sister growing, her interests changing, and how she wished they could stay children forever. I held her in my arms and rocked her. I noticed how her long limbs dangled over the arm of the chair, and I recalled how her entire body once fit easily into the crook of my arm.

In the movie, the character, Meg, reflected on aging and replied, "It was going to end one way or another. And what a happy end." We cannot stop time, but we can notice and cherish moments. Days can pass in a blur. If we take the time to notice, there are sparks of light that can help to guide us through even the darkest of days.

February can be bitterly cold, yet it also holds a promise that spring will come soon. Darkness is slowly giving way to light, and with it comes emergence, growth, and new life. Maples pull sugary sap from their roots toward their limbs, sending energy to create leaves. Birds begin to sing louder, reaching out and reconnecting with mates. On days when ice thaws, frogs will emerge from brumation and join voices in song. This month invites us to reach out to loved ones. As a child, I remember decorating a shoebox and bringing a stack of paper cards for my classmates. It was the one day when everyone brought greetings for one another, a late-winter moment of connection and laughter.

My grandmother's mending becomes a powerful metaphor when I see systems and relationships that seem broken and unsalvageable. People can be brought back together after situations tear us apart, through listening, humanizing, finding commonality, and collaboration. The values we hold dear, when we look below the surface fragments, are often the same.

I was sorting through some boxes at my mom's house, and I came across a framed piece of embroidery that I hadn't seen in decades. I ran my fingers across the colorful threads, and I felt like I'd found an old friend. The piece was made by my grandmother, and stitched into the cloth was the powerful word, "Love."

Who are the powerful figures in your life that help to guide you through challenges? Is there anyone you'd like to send a card to?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

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contact the Harmony Collective at deva@theharmonycollective.org.

Overnight Introductory Meditation Class with Temple Clergy • The Weekends of March 27 & 28, & Apr 17 & 18 • 7:00 p.m. Friday through Noon Saturday • This course covers the same content as our 5-Thursday evening class in a condensed format. It is ideal for out-of-towners, or local people who cannot attend the Thursday evening course. Cost is $160/$120 students or unwaged; includes accommodation and a vegetarian breakfast. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Introductory Zen Meditation Course with Temple Clergy • Thursday, February 19, and April 2 • 6:30 to 8:30 p.m. • 5 Thursday evenings, starting dates are listed in the title. The viewpoint of Zen is that life lived fully in each moment is the end and purpose, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is $160/$120 unwaged. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within; Going Deeper into Nonduality with Barbara Brodsky, Aaron, & John Orr • Tuesday, February 10 & 24, March 10 & 24, April 14 & 28 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? Suggested donation: $135-$450. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Meditations for the Heart with Amy Pletsch • Wednesday, February 4, 11, & 18 • 6:30 to 7:30 p.m. • Join us for a gentle, nourishing meditation series exploring the four boundless qualities of the heart, sometimes known as the Four Immeasurables— loving-kindness, compassion, empathetic joy, and equanimity. Rooted in the Buddhist contemplative tradition and adapted for modern life, this class invites you to deepen your relationship with these innate capacities through guided practice, reflection, and shared inquiry. $15-30 per class or ~$108 for the session package. For more information contact Amy at meditativejourneys108@gmail.com or visit dharmaallday.com.

Days of Mindfulness Meditation with Esther Kennedy • Saturday, February 7, March 14, & April 11 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. Cost: $35/session, includes lunch. Registration required. Each session is limited to 30 participants. For more information contact the Weber Center at (517)266-4000, or email webercenter@adriandominicas.org.

GOM Day of Meditation with Jewel Heart Instructors • Saturday, February 21 AND/OR April 25 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. FREE; donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Yoga and Meditation with Kapila Castoldi at Crazy Wisdom • Sunday, March 15, 22, & 29 • 2 to 4:00 p.m. • Meditation is part of a broader picture: Yoga. Developed by the ancient rishis (seers) thousands of years ago, the Yoga philosophy applies still to our modern life. The class will explore the sheaths of the body, vital, mind, and heart, and the concept and evolution of the soul along with concentration, relaxation, and breathing techniques. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Movement and Dance

Elemental Ecstatic Dance with Andrew Werderitsch & Hilary Nichols • Sunday, February 1, 8, 15, & 22, March 1, 8, 15, 22, & 29, April 5, 12, 19, & 26 • 11 a.m. to 1:00 p.m. • Elemental Ecstatic dance is a free form music and dance practice, no dance experience necessary. In the spirit of West Coast Ecstatic Dance, Five Rhythms, and Dance Church. Inspired by Funk, Disco, Ethnic, Drum 'N Bass, House, EDM, West Coast Bass, Classical, Americana, and all music that moves us. ADA supported. $20. For more information contact Andrew at (310) 926-0272 or email andjru@yahoo.com.

Cardio Kickboxing with Lynda Gronlund • Friday, February 27, March 6, & 13, & April 8 • 7 to 7:45 p.m. • Get a fun cardio workout while learning basic kickboxing moves with heavy kick/punch bags. All fitness and ability levels welcome. Gloves covering to 2nd knuckle recommended. $89 / 8 sessions. For more information contact Lynda at (248) 739-0841, email balancepoint.fitness@gmail.com, or visitbalancepointfitnessa2.com.

Resources for Conscious Living

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The Crazy Wisdom Calendar

Music, Sound, and Voice

Cafe 704 with the Interfaith Center for Spiritual Growth • Ongoing Second Saturdays • 7 to 9:00 p.m. • Live music in a smoke-and-alcohol-free venue, in person or livestream on Zoom. January 10: Nutshell; February 14: Peter "Madcat" Ruth and John Churchville; March 14: Spirit Singing Band w/ Kath Weider; April. 14: Marlena Studer, Steve Ragsdale, & friends. $10 to $20 donation suggested. For more information visit interfaithspirit.org.

Singing for Comfort with Layla Ananda • Friday, February 13, March 13, & April 10 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience is necessary. FREE, donations welcome. For more information visit interfaithspirit.org.

Community Sing with Matt Watroba • Wednesday, February 11, March 11, & April 8 • 7 to 8:30 p.m. • You don't need to be a good singer—whatever that means. You just need to love singing. $5-10 suggested donation. For more information visit interfaithspirit.org.

Spirit Sing with Karen Chalmer • Friday, February 6, March 6, & April 3 • 6:30 to 8:00 p.m. • No expertise necessary. We will teach each other simple songs and chants that give voice to our spirits, whether high, low, or in between. Let that still small voice inside you rise singing. Weave your voice with others just for fun. Families welcome. Suggested donation of $5-10; no one turned away. For more information visit mfcenter.org.

Gift of Song at the Whittaker Library with The Threshold Choir of Ann Arbor • Saturday, April 18 • 3 to 4:30 p.m. • Experience loving song wherever you are in life's journey. As you sit or recline, the Threshold Singers share peaceful, soothing music to bring you comfort and support in meeting life's challenges. We then invite you to quietly sing along to a few of our songs. Please arrive before 3 p.m. to park and settle in. FREE, donations accepted. For more information contact the Threshold Choir at (734) 531-7960, email thresholdofaa@gmail.com, or visit thresholdchoirofannarbor.org.

Nutrition and Food Medicine

Nutritionar with Valarie Thomas • Wednesday, February 11 & 18, March 11, & 24, April 8 & 22 • 6:30 to 7:10 p.m. • During a Nutritionar(TM) presentation you will learn about a curated number of nutrients in each food that are scientifically found to give health and wellness support to your bodily operations. Nutritionar(TM) food subjects will change monthly. $20 per person, $15 each for a pair. For more information contact Valarie at ChE4theEarth@gmail.com.

Food Over Medicine Club with Barbara Bowman • Tuesday, February 10, March 10, & April 14 • 11:30 a.m. to 1:00 p.m. • Monthly meeting open to anyone interested in learning more about how to use whole food plant-based meals to improve your health. Bring your lunch and sample new recipes. FREE. For more information contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Pagan Spirituality

Witches Night Out with Moira Finkle at Crazy Wisdom • Wednesday, February 11, March 11, & April 8 • 6 to 8:00 p.m. • Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We head downstairs to shop at 8 p.m. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome! FREE. For more information contact Moira at mopayne@umich.edu.

Women's Goddess Gathering with Chandra Mitchel • Wednesday, February 18, March 18, April 15 • 6 to 8:30 p.m. • The women's goddess circle is a monthly meet up for Maven/Late Millennial/GenX+women. Everyone is welcome, but topics will center around these ages & stages. Join our Facebook group, @ CrazyWisdomGoddessCircle, for details on each month's topics, activities, and after discussion. For more information contact Chandra at chandra@crazywisdombookstore.com.

Parenting

Clearing the Way for the Power of Listening to Work its Magic: Online Workshop for Parents with Leanne Fu • Saturday, March 7 • 3 to 4:00 p.m. • It happens so often. Something you say causes a disconnection, and your child checks out. What becomes possible instead if you offer to be a "teddy bear"? Explore how Teddy Bear Talk provides structure for keeping the teddy bear's own concerns or agenda out of the picture and leaves plenty of room for the talker. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Book *Discussion of How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish with Leanne Fu • Saturday, March 21 • 1:30 to 2:30 p.m. • One advantage of this classic is that it has a lot of comic strips in it that make it easy to quickly grasp the key ideas. Feel free to come discuss the book even if you've only read the comic strips. This book is about connection—replacing lectures and nagging with fostering willingness because children feel heard and respected. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

A Book Discussion of *No Bad Kids: Toddler Discipline Without Shame* by Janet Lansbury with Leanne Fu • Saturday, April 25 • 1:30 to 2:30 p.m. • Explore topics including viewing misbehavior as communication about unmet needs, sportscasting (the helpful, non-judgmental account adults are advised to give of their children's play-by-play), calm respectful limit-setting, and the importance of acknowledging, validating, and an "all feelings allowed" attitude. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@teddybeartalksupport.com, or visit teddybeartalksupport.com.

Peace

Peace Generator with Craig Harvey • Friday, February 20, March 20, & April 17 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. FREE, donations welcome. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Renewal of Creative Path with Rowena Conahan • Wednesday, February 4 • 7 to 9:00 p.m. • What does it mean to be deeply connected to nature, to self, and to others? In this series, we'll explore this question through individual reflection, small group discussion, and artistic activities. Finally, each participant will design a creative vision for their own future. This is a powerful individual journey and community building experience! 4-week session held online via Zoom, optional in-person potluck on February 4. $75 (scholarship donations/requests welcome). For more information contact Rowena (734) 660-6011, email naturespeaklife@gmail.com, or visit naturespeak.life.

Mindful Self-Compassion with Lama Nancy Burks • Saturday, February 14, March 14, April 11 • Noon to 1:00 p.m. • This experiential workshop focuses on increasing our awareness of our own unhealthy patterns relating to ourselves. Research in recent years has shown that self-compassionate people tend to be happier and healthier, both mentally and physically. Through mindfulness exercises and supportive group discussion, we can develop healthy new habits. FREE, donations welcome. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Inner Alignment Rewiring Coaching with Barbara Bowman • Friday, April 10 & May 8 • 11:30 a.m. to 1:00 p.m. • A six-week program designed to help you calm your nervous system and get you off the endless treadmill of fatigue, stress, and worry. This multidisciplinary series incorporates sessions with movement, massage, meditation, and muscle testing. $388. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Growing in Radiance with Kathleen Duffy • Sunday, April 26th at 6:30 p.m. through Wednesday, April 29 at 3:30 p.m. • During this retreat we will read and pray with some of Teilhard's most beautiful mystical essays in which he shares with us the inner glow that throughout his life drew him more deeply into an encounter with the living presence of Christ incarnate in matter. Cost: Commuter $125: (includes lunch) | Double occupancy: $225 (includes all meals)

Single occupancy: $325 (includes all meals). For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Prosperity and Abundance

Using Inner Wisdom with Ruth Wilson • Dates Ongoing • 1-2 Hours • Learn to use your genius and create something new that you love instead of trying to fix things. Learn to develop coherent energy, call on your natural superpowers, and choose experiences you prefer. Easy changes that make life more fun. FREE. For more information contact Ruth at (248) 990-1902 or visit ruthwilsonguide.com.

Fixing Law of Attraction Failure with Barbara Bowman • Friday, March 13 • 11:30 a.m. to 1:00 p.m. • Find out why the Law of Attraction doesn't work for you and how to fix it. Discover the essential beliefs needed to manifest your desire. Bring your lunch and enjoy learning. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Reiki

Usui System of Reiki Healing: First Degree with Suzy Wienckowski • Saturday, April 25 from 10:00 a.m. to 5:00 p.m. & Sunday, April 26 from 10:00 a.m. to 1:00 p.m. • Reiki is a hands-on healing practice that promotes balance of the body/mind/spirit allowing you to feel and function better. Reiki is an invaluable resource for self-care and for bringing healing touch to others. Class includes, Reiki history, spiritual precepts, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email SuzyReiki@aol.com.

Retreats

Day of Mindfulness with Emily Adama • Sunday, February 8, March 8, April 12 • 10:00 a.m. to 4:00 p.m. • Immersed in nature, we will be supported by time-honored practices, the presence of other practitioners, and themed readings exploring key mindfulness teachings. Most of the day will be in guided silence; however, the day will begin and end with optional sharing and reflection with the group. Suggested price is $80; 5 price options between $45-110. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Inner Peace Retreat with Song of the Morning Community • Friday, February 13 through Sunday, February 15 AND/OR Friday, April 10 through Sunday, April 12 • Retreat into a peaceful forest setting for meditation, devotion, gentle Hatha Yoga, and quiet reflection. Guided practices and warm community help you recharge and reconnect with your true nature, inspired by Paramahansa Yogananda's timeless teachings. $108. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner & Lopamudra Bose • Friday, March 6 through Sunday, March 8 • Deepen your devotion and be immersed in divine love. In honor of the mahasamadhi of Paramahansa Yogananda and Swami Sri Yukteswar, we will meditate, chant, hold devotional services, and read from their sacred teachings. Together as a circle of friends, we will drink from the eternal spring of love and wisdom they shared. $150. Lodging fees vary by accommodation and include all meals. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Day of Mindfulness Retreat with Temple Clergy • Saturday, March 7 • 9:00 a.m. to 5:00 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest–an interval of deepening, of slowing down, silence, and mindfulness. $60; includes a vegetarian lunch. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 14 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. $30-60 suggested donation. For more information contact Carol at cb.meditate@ChelseaMeditation.com or visit ChelseaMeditation.com.

ReVillaging for Women: a Day-Long Retreat with Miriam Dowd-Eller & Emily Adama • Sunday, March 22 • 9:30 a.m. to 5:00 p.m. • This retreat is for women of all ages and stages looking to fill their cup with self-connection, community-building, and deep rest. It is for those who long to feel witnessed and validated, find companionship and kinship, and process our lives using timeless ways of healing. Movement, community, singing, nature, and stillness. $70-150. For more information contact Emily at hello@earthwellretreat.com or visit earthwellretreat.com.

Resources for Conscious Living

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THE DIAMOND APPROACH

A Conversation with Cygnus, the Swan

Photo by Peggy River Singer

By Peggy River Singer

Note: All swan species belong to the genus Cygnus.

Cygnus: I speak for all swan species, I was chosen for this communication thanks to the pair of Trumpeter Swans you greeted so gladly and respectfully near your home.

We – the Swan Folk – are well aware of our significance to many Earth cultures. This was actually Creator's intention, that we should draw/attract attention of humans with our size, dignity, beauty, grace, mystery. This represents the connections of wonder of many millions of individual people through many millions of centuries.

Your scientists say fossils of swans are as old as 19 million years ago. But in fact, we have been here on Earth for billions of years throughout many ages and timelines and the spans of human cultures. Always, always we and humans have had a sacred connection.

You might ask: "What is the nature of our connection?" It is deeply buried in the human psyche, but it can be accessed by heart-based meditation.

[I see a brilliantly brightly lit scene of an enormous swan stretching wings toward the sky and the Source of all. Each individual feather is clearly detailed and gleaming with living Light in the purity of the experience. And yet the FEEL is soft, gentle benevolence of a depth and scope that I've never known was possible. My body vibrates to a very subtle energy, barely detectable but oh, so very powerful!]

Cygnus continues: This is the sacred Blessing of the Swans, bestowed on you as a Keeper of the Truth and a seeker of wisdom. Do not expect real-world swans to walk up to you as they recognize your new energy. Instead, they might make a purring sound or give you a look of recognition.

Peggy: How shall I offer, use, or share this new energy gift?

Cygnus: Allow time for our energy to integrate with yours. It will work harmoniously with your own energies as well as those of your guides and guardians. We discussed this with them and were given permission to give you our energy; that is the respectful and correct way to proceed.

Peggy: Did the Trumpeter Swans ask for me to receive this blessing?

Cygnus: Yes.

Peggy: Are you aware of the constellation Cygnus, one of our "summer constellations" here in the Northern Hemisphere? It's always been a favorite of mine.

Cygnus: Yes, I know of it. It is distinctive enough to have been recognized for millions of years.

Peggy: Was it created with that intention?

Cygnus: Yes, as part of the overall expression of the human-swan connection.

Peggy: What else would you like to tell us today?

Cygnus: This kind of sharing of thoughts and energies is not unique to swans, every kind of animal has its own magic. We wish you well.

Peggy: Before you leave, can you please say a word about humans feeding swans stale hamburger buns?

Cygnus: The intention of seeing us and other birds up close, of CONNECTION, is understood and appreciated. But such substances are not good for our bodies. Farewell.

Peggy River Singer is an all-beings communicator, faerie ally, Pleiadian Starseed, Lightworker, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.

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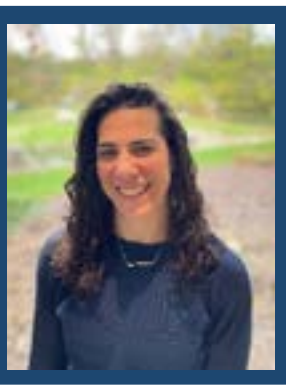

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The Crazy Wisdom Calendar

Mindfulness and Equanimity: A Path to Peace with Dawn Scott • Friday, March 27 through Sunday, March 29 • Through the practices of mindfulness and equanimity the heart discovers a capacity for steadiness and love, which allow us to stay open to the challenges of our times without being broken by them. During this silent retreat we call on mindfulness to support the cultivation of equanimity through meditation practices and dharma talks. Donation-based retreat; organization cost to host event is $340. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Holy Week Retreat with Father John Kasper • Sunday March 29 through Thursday April 2 • Journey through the sacred days of Holy Week and experience the passion and death of Jesus. Commuter (includes lunch): $125; double occupancy (includes all meals): $225; single occupancy (includes all meals): $325 Registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Four-day Spring Retreat: Yongmaeng Jeongjin: with Temple Clergy • Wednesday, April 8 through Sunday, April 12 • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is $60/day, $50/day for members. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Salons at Crazy Wisdom

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Mary Anne Perrone, Spiritual Director and Social Justice Activist, in Conversation with Moderator Bill Zirinsky of Crazy Wisdom • Wednesday, March 25 at 7pm • What's on your mind these days, Mary Anne Perrone, what's in your heart, what have you relished, what's been really hard, what matters? Mary Anne Perrone works with individuals exploring their spiritual paths. She is also active in social justice organizations helping immigrants and refugees. She will talk about her own life and spiritual path. Free. For more information, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Wasentha Young, Tai Chi Master and Founder/Director of the Peaceful Dragon School of Tai Chi, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, April 15 at 7pm • What's on your mind these days, Wasentha Young, what's in your heart, what have you relished, what's been really hard, what matters? Wasentha Young will talk about her life's journey and life's work, and the wisdom she's derived over 50 years of practicing and 35 years of teaching Tai Chi. Free. For more info, contact Bill at: billz@crazywisdom.net.

Crazy Wisdom Salon Series—Sages of Ann Arbor • An Evening with Haju Sunim, Resident Priest of the Zen Buddhist Temple of Ann Arbor, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, date TBA at 7pm • What's on your mind, Haju Sunim, what's in your heart, what have you relished, what's been really hard, what matters? Haju Sunim will talk about the evolution of the Zen Temple over the last 40+ years, and her own life's journey. Free. For more info, contact Bill at: billz@crazywisdom.net.

Shamanism

Shamanic Sound Journey: Cacao with Mary Ledvina • Sunday, February 8, March 8, & April 12 • 2 to 4:00 p.m. • Experience the healing, guidance, and interconnection of this shamanic journey, after drinking cacao, which enhances the spiritual connection. Arrive 15 minutes early. Doors will be locked at 2:15 pm. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Shamanic Journeying Circle with Judy Liu Ramsey • Thursday, February 5 & 19, March 5 & 19, April 2 & 16 • 7 to 8:30 p.m. • Explore your inner world, do your inner work in a community of practitioners who will welcome and support your process. Required: shamanic journeying skill. Class is online via Zoom. First journey circle is free. $25 per session or $40 per month. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 3,10, & 17 • 7 to 9:00 p.m. • 6-week session. Learn the difference between telepathic and shamanic animal communication and how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via Zoom. $350/$175 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

A Shamanic View of Death & Dying with Judy Liu Ramsey • Saturday, Saturday, February 21 & Sunday, February 22 • 9:00 a.m. to 4:00 p.m. • Traditionally, shamans prepared the dying for a good death, escorted the souls of deceased to ancestors, and helped those left behind. Learn shamanic ways to companion end-of-life. Prerequisite: Soul Retrieval training and shamanic journeying skills. Advanced skills class. Limit 6 persons. Online via Zoom. $440/$220 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, February 7 • 9:00 a.m. to 4:00 p.m. • Learn techniques for creating sacred space, and why energy hygiene is critical in shamanic work. The class will be taught online via Zoom. $90. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Medicine for the Earth: Healing with Spiritual Light with Judy Liu Ramsey • Wednesday, March 4, 11, 18, & 25, April 1 & 8 • 7 to 9:00 p.m. • 6-week session. Explore the depth of your own inner light and connection with all relations. Transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. Learn how to heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. Class is online via Zoom. $440/$220 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Shamanic Gardening with Judy Liu Ramsey • Saturday, April 11 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. The class is taught via Zoom. $160/$80 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, April 12 • 10:00 a.m. to 5:00 p.m. • 6 hr. class includes power animal retrieval and journeys to upper, lower, and middle worlds. Journeying is done with drums and rattles. $100 until March 28, then $125. For more information contact Connie at (248) 809-3230, email clshebear7@gmail.com, or visit shamanicteachers.com.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, April 25 & Sunday, April 26, • 9:00 a.m. to 4:00 p.m. • Ancestors can be powerful allies in your practice and healing our ancestral lines can help us heal ourselves and our families. Deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. $220/$110 for repeating students. For more information contact Judy Ramsey at info@judyramsey.net or visit judyramsey.net.

Spiritual Development

Sufi Gathering • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. For more information visit interfaithspirit.org.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Aaron, Colette Simone, & Yeshua • Saturday, March 7, & April 18 • 11:00 a.m. to 3:00 p.m. • An introduction to deepening our understanding of the vastness of the multidimensional cosmos and how we can begin to bring the gifts of the human to this inter-cosmos collective. Expanding on this foundation, exploring co-creation, and the role humans are gifted and challenged to play on expanding positive polarity in the multiverse. Suggested donation: all workshops: $90-$330; single: $30-$110. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Healing and the Ever Healed: Workshop with Barbara Brodsky, Aaron, John Orr, Colette Simone & Tavis Taylor • Sunday, February 1 through Friday, February 6 • The healing that we seek as a world and individually, is accessible if we know how to open to it. Opening to the ever-healed, spiritually, physically, emotionally, personally, and universally, is the focus of this workshop. Suggested donation: $150-$600. For more information contact Tana at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday, March 21 & Sunday, March 22 OR Saturday, March 28 & Sunday, March 29 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No prerequisites. $295. For more information contact Steven at (517) 295-3477, email steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Stress Management

How to Get Along Better with Yourself & Everyone Else with Barbara Bowman • Friday, February 13 • 11:30 a.m. to 1:00 p.m. • Use self-knowledge to learn how to make peace with yourself and extend the olive branch to everyone else. Learn how to use HeartMath techniques to reduce stress in the moment. Bring your lunch and get ready to learn. FREE. Contact Barbara at (734) 478-4263 or email barbara@health-yourself-well.org.

Sustainable Living Skills

Wintership: Natural Building Training Program • Begins Wednesday, January 7 • 10:00 • a.m. This unique month-long Natural Building Program at Strawbale Studio includes room & board, 4 weekend workshops, plus classes & hands-on training: Design, Foundation, Round Pole, Thatched/Living Roofs, Strawbale & earth plaster wall systems plus access to the resource library. Wooded rural land one hour north of Detroit. For more information contact Deanne Bednar at ecoartdb@gmail.com, or (248) 496 4088. or visit the website,strawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Learn Shinobi Ninjitsu with Grand Master Farooq Azizuddin • Ongoing Saturdays & Sundays • Noon to 2:00 p.m. • You have the right to defend yourself from looters, criminals, personal attacks, lack of water, blackout, etc. $40 per month. For more information contact Farooq at (313) 215-0294 or visit nakanomartialarts.com.

Qigong class with Samatha Cyrus Scholl • Ongoing Mondays • 6:30 to 8:00 p.m. • The class teaches you to use gentle movements, stretching, and mindful breathing to bring your body, mind, and spirit deeper into harmony. $12 per drop-in session. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, & Saturdays • 4 to 5:00 p.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe Walters at annarbortaichi@gmail.com or visit annarbortaichi.com.

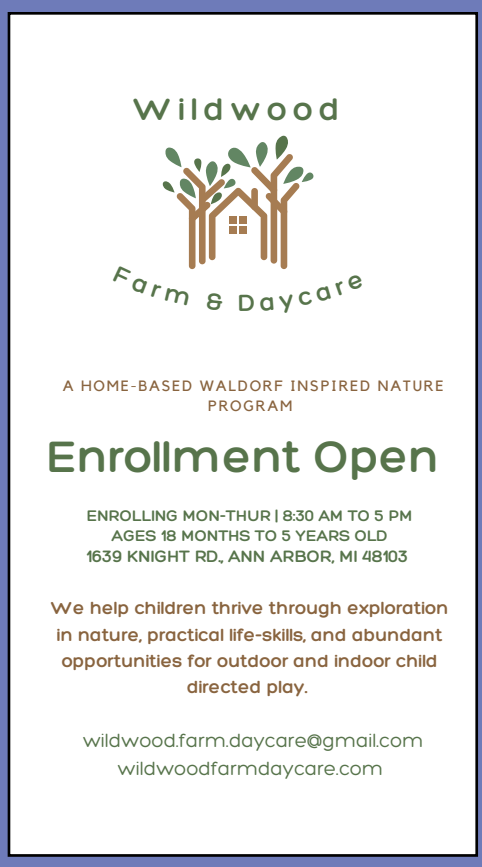
Theater

Kayak by Jordan Hall with Theatre NOVA • Weekends from Friday, January 30 to Sunday, February 22 • Friday from 8 to 9:30 p.m., Saturdays from 3 to 4:30 p.m. OR 8 to 9:30 p.m., & Sundays from 2 to 3:30 p.m. • A doting suburban mother, Annie Iversen is blindsided when her son, Peter, falls in love with Julie, a passionate environmental activist. Desperate to protect her son from what she sees as a reckless path, Annie, stranded in her son's old kayak, recounts her story and fights to hold on—until the danger she feared finds her instead. $30 general, $25 for 65 and over, $15 for students with ID. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

Reach for the Stars—a Musical Cabaret with Theatre NOVA • Friday, February 27 at 8:00 p.m., Saturday, February 28 at 3:00 p.m. AND/OR 8:00 p.m., & March 1 at 2:00 p.m. • Reach for the Stars is Theatre NOVA's dazzling musical cabaret fundraiser, celebrating hope, ambition, and the power of community. Join us for an inspiring performance of songs and stellar performances—all to support the innovative, inclusive theatre you love. $25-$2500. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

The JonBenét Game by Tori Keenan-Zelt with Theatre NOVA • Weekends from Friday, March 27 to Sunday, April 22 • Friday from 8 to 9:30 p.m., Saturdays from 3 to 4:30 p.m. OR 8 to 9:30 p.m., & Sundays from 2 to 3:30 p.m. Rae returns to her hometown as a school counselor after the death of her childhood best friend, Molly. When Molly's 12-year-old daughter, Hazel, comes to her, the two slip back into the secret JonBenét Ramsey game Rae and Molly once played—stirring buried grief and blurring the line between past and present. $30 general, $25 for 65 and over, $15 for students with ID. For more information contact Theatre NOVA at 734-635-8450, email a2theatrenova@gmail.com, or visit TheatreNOVA.org.

Resources for Conscious Living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From Our Archives

The Transforming Power of Gratitudes

By Lisa Wolfe

Consider waking up in the morning and the only thing in your awareness is what you're grateful for. A smile comes to your lips as you look out the window and see the colors in the light of the new day. You're grateful for each little thing often unnoticed by others. You are in the stillness where gratitude can move through your life. You have a glimpse that you *are* the stillness *of* gratitude.

Similarly, consider a time when you go to sleep at night, bathed in thoughts of gratitude as you are immersed in the smell of the freshly cut grass wafting through your window. You feel the breeze over your body. You know the moonlight is creating shadows over the landscape outside. You hear the far-off call of the owl in a slow and steady rhythm. Feel your mind become still and quiet as you drift off.

Such are the ordinary mercies of each day and the gratitude that connects us to them. How does the world express gratitude to you? How does your mind move into awareness when you are alone?

Such are the ordinary mercies of each day and the gratitude that connects us to them. How does the world express gratitude to you? How does your mind move into awareness when you are alone?

Gratitude is an ever-present gift that brings us into our own presence in the stillness of the moment. Consider these things: the first morning bird song which is calling the day to begin, the light in your loved one's eyes, the sound of your child's sleeping breath, or the softness of your dog resting on your foot. It might be as simple as your slippers waiting by your bed or a blanket that keeps you warm. There are ten thousand such gifts a minute if we let ourselves see them.

Thomas Merton said, "One of the most important—and most neglected—elements in the beginnings of an interior life is the ability to respond to reality, to see the value and the beauty in ordinary things, to come alive to the splendor that is all around us."

These days, research shows there are many positive effects of gratitude. A short list includes improving emotional and physical health, sleep, decreasing aggression, increasing empathy, communication, self- esteem, and mental strength.

It's really very simple. Gratitude is a gift that gives of itself, if we only recognize it. It's always there waiting, bringing more peace and happiness, helping us care for our essential selves. It is always available, no matter the situation or how impossible our outer circumstances might seem. Gratitude can be found in the worst of all challenges, where still we have our bodies working, our internal system calling us to enter the lessons of love, bringing us to the interconnectedness with life. Gratitude helps us find the present moment which is already ours, and we see we are fully alive. The power of gratitude is readily available when we find ourselves on the mountain top or in the deep valley of life, revealing its beauty. It helps develop confidence and a quiet dignity within ordinary life, transforming us into who we are in our true essence.

These days, research shows there are many positive effects of gratitude. A short list includes improving emotional and physical health, sleep, decreasing aggression, increasing empathy, communication, self- esteem, and mental strength.

The practice of gratitudes is a simple way of discovering the life-affirming world around and within you. This gratitude in-action can help us find new habits and patterns.

Happiness and complaint can't live at the same time. Gratitude means nothing to a lot of people within our often busy, self-focused world. It's easy to identify with unhappiness right up until it becomes a habit. However, there's another way of seeing things. The practice of gratitudes is a simple way of discovering the life-affirming world around and within you. This gratitude in-action can help us find new habits and patterns. It can help us shape our lives in new ways. Gratitudes can bring us to the bright star of peace within, as life is busy growing us up into who we are meant to be. It helps us know who we are by putting us in touch with the rhythm of the natural world. It helps softens our suffering. It's an inside thing—Personal and profound.

Gratitude brings wisdom in the good times and bad. This simple perspective can become a natural part of who we are and a reliable friend in the quiet of night. Developing this simple perspective brings us to our natural state. It empowers and strengthens us letting our natural wonder take hold. Gratitude puts us in touch with the source of life, reflecting life's purity through our internal thankfulness.

Much of the world focuses on what's wrong, painful, where a downward trajectory of thoughts perpetuates more of the same, leading to the land of the dead end of living. The power of gratitudes can change our lives. It makes us kinder, gentler It enriches our relationship with ourselves.

Much of the world focuses on what's wrong, painful, where a downward trajectory of thoughts perpetuates more of the same, leading to the land of the dead end of living. The power of gratitudes can change our lives. It makes us kinder, gentler It enriches our relationship with ourselves. It helps us become more aware of all that we have, no matter how little it may seem in comparison to others. Challenges are a necessary part of our awakening heart. The world is creative and ready to help us as we provide a place for it —a personal space. The practice of gratitudes makes us more able to break the cycle of negativity and establish the good that is available within as we navigate our lives through our troubled and beautiful world.

Lisa Wolfe, RN, MSN, CNM, DipPSH, DipIC is trained internationally in healing arts of Pure Spiritual Healing, Animal Healing, and Intuitive Counseling. She is a member of the American Holistic Nursing Association, a Board-Certified Member of the National Certification Board for Therapeutic Massage and Bodywork, and is a Sevalight Associate. She has a private holistic care practice and is a writer and photographer. She lives in northern Michigan. She provides appointments via Zoom and travels for in-person seminars by request. Learn more about Wolfe's practice at LisaWolfeHolisticCare.com.

Couples & Family Healing Class
April 30th, 7:30-9:30 pm

Part I – Group Class teaches how soul contracts draw us to our families and relationships, the spiritual dynamics that make us heal and grow as individuals and together, and how to make use of them for success and satisfaction. Meet by teleconference call. Or by recording for those who can't attend live.

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Eve Wilson is a UCM Master Healer with 40 years experience helping couples and families to succeed in the fullest ways as individuals and together.

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Work and Right Livelihood

Free Focus Café with Debra Hopper • Thursday, February 5, 12, 19, & 26, March 5, 12, 19, & 26, April 2, 9, 16, 23, & 30 • 10 to 11:00 a.m. • Need help getting things done? Drop in for this weekly virtual co-working hour combining body-doubling and mindful focus. Certified Embodiment Coach Debra Hopper hosts the Free Focus Café every Thursday morning — a steady rhythm of shared presence and gentle structure to help you finish what matters with less stress and more flow. FREE. For more information contact Debra at hello@debrahopperonline.com.

Writing and Poetry

Write & Heal with your Favorite Childhood Book: 4-Week Series with Julie Mariouw • Wednesday, April 8, 15, 22, & 29 • 4 to 6:00 p.m. • All levels of experience are welcome. Writers read their favorite childhood books, then write to prompts: i.e. write with a character, become a character, etc. Invitation to share aloud and receive positive feedback. Join us to create healthy community through shared imagination. $180 for 4-week series. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Crazy Wisdom Poetry Circle Poetry Workshop with David Jobson, Ed Morin, & Lissa Perrin • Wednesday, February 11, March 11 & April 8 • 7 to 9:00 p.m. • On the second Wednesday of the month, we hold an informal poetry workshop. You are encouraged to present a poem you are working on for positive and constructive comments by your peers. Workshops are held online via Zoom. FREE. For more information email cwpoetrycircle@gmail.com visit cwcircle.poetry.blog.

Write & Heal with your Favorite Fairytale: 4-Week Series with Julie Mariouw • Wednesday, February 4, 11, 18, & 25 • 4 to 6:30 p.m. • All levels of experience are welcome. Writers choose their favorite fairytales, then write to prompts: i.e. write with a dragon, become a princess, etc. Invitation to share aloud and receive positive feedback. Join us to create healthy community through shared imagination. $180 for the 4-week series. For more information contact Julie at (734) 730-6175, email julie@wellspringwritingworkshops.com, or visit wellspringwritingworkshops.com.

Joy in Embodied Journaling with Debra Hopper • Sunday, February 15, March 15, & April 19 • 1 to 2:30 p.m. • Give your writing a heartbeat. In this 90-minute online workshop, Certified Embodiment Coach Debra Hopper blends mindfulness and movement to help you write from your body, not just your head. Offered monthly, these sessions build a gentle rhythm of reflection and creative flow—no perfection required. $20. For more information contact Debra at hello@debrahopperonline.com.

Hybrid Writing Workshops with Tarianne DeYonker • Saturday, April 11 • 1 to 4:00 p.m. • In this creative writing workshop we'll look at options that encourage us to show up and write more regularly. Do you know what that would take for you? Creating accountability links, joining (or creating) a writing community, and other options. Beginning and experienced writers are welcome. $35, registration required. For more information contact the Weber Center at (517)266-4000 or email webercenter@adriandominicans.org.

Yoga

Yoga at Zion Well • See Website for Schedule • Zion Well offers a variety of classes, including gentle, restorative, Yin, and meditative yoga. For those looking for more, they also offer retreats, private sessions, and teacher training courses—the next beginning in February. For more information visit zionwell.com.

The Prana Yoga Studio • See Website for Schedule • The studio offers traditional Bikram (hot) yoga as well as Yin Yoga. For more information visit thepranayogastudio.com

The Yoga Focus Collective • See Website for Schedule • This studio offers a wide variety of classes, ranging from supported beginners, levels 1-4, Pranayama, and pre/postnatal classes. Individual drop-in class: $25; 6-week session: $132; 6-week Pranayama: $90; Pranayama drop-in class: $18; Pre/Postnatal Packages: 5 for $110, 10 for $200. For more information visit yogafocuscollective.com.

Imagine Fitness & Yoga • See Website for Schedule • The studio provides comprehensive classes in cardio, strength, tai-chi, Pilates, Vinyasa, Ashtanga, Yin, and Hatha yoga. Private training is also available. For more information visit imaginefitnessandyoga.com.

Open Level Yoga with Michele Bond • Ongoing Sundays from 4 to 5:30 p.m., Tuesdays from 6 to 7:30 p.m., & Saturdays from 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Classes are designed to optimally benefit each student, with myofascial release techniques incorporated as needed. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele

at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, mobility, balance, and mental focus with this fun and energetic practice. Classes are designed to optimally benefit each student, with myofascial release techniques incorporated as needed. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Hatha Yoga with Samantha Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Fridays • 9:15 to 10:15 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org., or visit jewelheart.org.

Golden Lotus Hatha Yoga with Golden Lotus Yoga Teachers Association • Ongoing Saturdays • 2 to 3:30 p.m. • Golden Lotus Yoga, created by Paramahansa Yogananda's disciple Yogacharya J. Oliver Black, offers slow-paced, gentle, meditative classes for every level. Each class weaves in brief meditations and spiritual guidance, helping you experience peace, clarity, and a renewed sense of inner well-being. Please call to confirm times and dates as they occasionally change. Donation-based. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org

Hatha Yoga with David Black • Tuesday, February 17, & March 31 • 6:30 to 8:00 p.m. • Offered in three six-week sessions; start dates listed above. Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is $60 for all six sessions or $12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.org.

Yoga for Healers: Trauma Informed Somatic Yoga with Leslie Pertz • Sunday, February 8, 15, & 22, March 1, 8, 15, 22, & 29, April 5, 12, & 26 • 10 to 11:00 a.m. • Gentle yoga for anyone who is a healer—a person who works in the world of mental/healthcare. Come rest your weary heart. Pay what you can. For more information contact Leslie at (734) 926-8590, email peachtreeyogami@gmail.com, or visit peachtreewellnessmi.com.

Valentine's Day Partner Yoga with Courtney Fitzpatrick • Friday, February 13 • 7 to 8:30 p.m. • Bring a partner (significant other, family member, friend) to celebrate Valentine's Day with someone you love in this lighthearted partner yoga class. Give your loved one a gift of your undivided attention, support, and love while we move together. Of course, we will enjoying some delectable sparkling cider and chocolate! $50. For more information contact Courtney Fitzpatrick at (734) 436-1373, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Lunar Reset: A New Moon Flow & Circle with Courtney Fitzpatrick • Sunday, February 15 • 3 to 5:00 p.m. • Join Courtney for this special offering, which blends gentle yoga and movement, storytelling, as well as ample time for sharing/connecting and contemplation. The New Moon is an opportunity to heal, grow, and create space for a more aligned and authentic life. $40. For more information contact Courtney Fitzpatrick at (734) 436-1373, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

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From Our Archives

Random Acts of Kindness:

Saved By the Squirrels

By Madeline Diehl

From the moment I woke up, I knew it was going to be a bad day. Not because it was a Monday, though that didn't help. And the cold rain pelting against my windows didn't help, either. No, I knew that it was guaranteed to be a Very Bad Day because I had slept through my alarm clock and woke up two hours late. I'm in business for myself so normally my boss would have cut me some slack, but on this particular Monday, I was on deadline to write an article and hand it in by 5 p.m.—just seven hours away. I didn't have a first draft and hadn't even decided on a topic yet. Sometimes, with the help of adrenaline, I can wing it, but I was sure that I wouldn't be able to this time.

Why? Because I was writing for a client who expects me to write funny, or at least entertaining, articles. Strangely enough, I find it's impossible to write funny things when I am depressed, and all the bad things that were happening in the world had started to make me depressed. So, how was I going to write something funny in seven hours when I had no idea where to start? I didn't feel like I had a funny bone in my whole body.

Procrastination can sometimes serve as a friend to creativity. While I was eating a quick breakfast, I felt the need to know the answer to this question: why is a "funny bone" called that when hitting it causes pain? The answer to that, in fact, suddenly seemed even more important than my deadline. So, I looked it up on Google, and Google said something like:

Sorry! We can't find that site! Maybe it doesn't exist anymore, or maybe you're just plain stupid! Try again in three seconds, two seconds, one second…Ooops! There's a problem! Try again in nine seconds, eight seconds…

Which of course meant that my modem was out. At that point, my attitude went from bad to worse. I tried searching for the phone number for my service provider, but of course I couldn't get access to their website. How was I going to find all of the potentially funny details about the funny subject I hadn't yet discovered?

I can see now that I could have turned things around at this point, if only I had remembered to meditate, which I usually do for 20 minutes before breakfast. When I meditate, everything that happens during the day seems to happen for a reason, and I can easily find my way through seemingly daunting obstacles. But when I don't meditate, everything seems glass-half-empty, and all the data I collect through the day proves that this assessment is correct. For example, after I started cussing, my cat, who is usually a source of great solace and comfort, hid under the couch and did not venture out again for the rest of the day. "See?" my Bad Attitude said. "How bad is that?"

Luckily, some still-enlightened part of me realized I could call my cable company from my neighbor's phone. And low and behold, when I stepped outside, I saw a repair truck parked on the street just outside my house. A man wearing a uniform was jotting down notes on a clipboard. "Hi!" I said with something like hope. "So, you must know my modem is down. When do you think it will be back up?"

"I'm just fixing your neighbor's service right now," he said. (He didn't want me to use his real name, so let's call him Doug.) "Do you have a claim ticket?"

I explained how I couldn't find a number to call to file a report, so he gave it to me and told me he couldn't work on my problem unless, and until, I had a claim number. "I just don't understand why you can't just fix my service when you're literally right in front of my house already, probably working on the same problem."

"Well, it's not that simple," Doug said. "You see, I have to go away for about an hour for lunch."

"Well, I certainly don't want you to miss your lunch!" I said sarcastically.

Doug instructed me to look over at a nearby tree where a squirrel was chattering and flicking its tail frantically. "That's why I'm here. That squirrel has chewed up our line."

I showed my ignorance by asking why it wouldn't get electrocuted doing that.

"We're talking about the communication line. Yeah, if she chewed on the electric line, the highest one up, she'd get a big surprise. Nobody knows why, but some squirrels just love to chew on telephone lines. Bell Labs even did a study on it and couldn't even find the reason—they think it has something to do with the electromagnetic field."

Doug explained that the squirrel had also built a nest in a hub, a rectangular black box that was attached to the line above, which measured about three feet long and about a foot across. Hubs are the perfect place for a squirrel to build a nest because they're the same size as a hole in a tree, and there are no predators that can climb up a telephone poll. Most squirrels build at least two nests each season, so they have a back-up if one is put in danger. Whenever he finds a nest in a hub, he just needs to go away for an hour or so and the mother squirrel will do his job for him and move her babies to the back-up nest. When I asked how, Doug said: "Our lines are their sidewalks. Just watch and don't get too close."

Read the rest of the story online!

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The Sages of Ann Arbor — as well as other interesting and informative interviews with community leaders.**

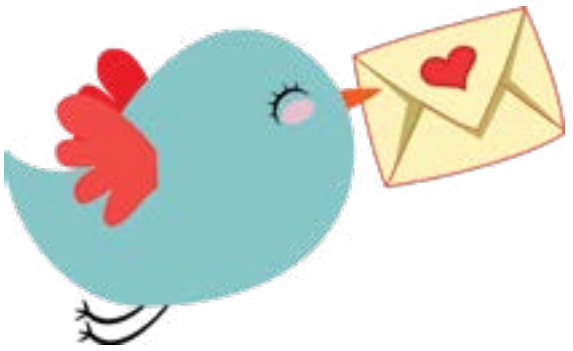
**Interviews newly posted are with Dr. Dennis Chernin, Lisa Gottlieb, Dr. Jay Sandweiss, and Demo Rinpoche.
These public "conversations" in the Crazy Wisdom Lounge are moderated by Bill Zirinsky,
longtime Editorial Director of the *Crazy Wisdom Community Journal.*
Check back as new interviews will be posted periodically!**

Demo Rinpoche, a Tibetan Buddhist monk and incarnate lama, leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision.

One of the wise men of integrative medicine in this region, Dr. Dennis Chernin (and Dr. Lev Linkner) founded the Parkway Center, the original and pre-eminent clinic for practitioners of complementary, holistic, and integrative medicine in Ann Arbor. Dr. Chernin now offers Homeopathic, Holistic and Preventive Medicine Consulting.

One of Ann Arbor's modern-era renaissance women, Lisa Gottlieb has been a leader in the community for decades. In recent years she's been deeply involved in Nonviolent Communication, as a certified trainer, and as the Founder and Director of Compassionate Communication of Ann Arbor.

Physician and skilled raconteur, Dr. Jay Sandweiss is one of the best-known and most respected integrative physicians in the region. Dr. Sandweiss is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine, and board certified in medical acupuncture by the American Board of Medical Acupuncture.



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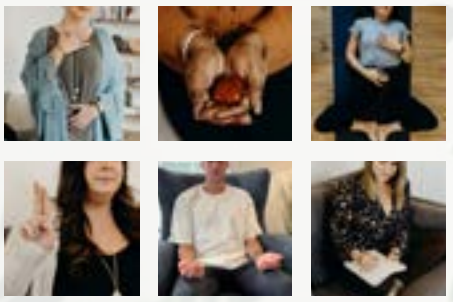

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Questions? Email annarborholistic@crazywisdom.net

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Breathe Yoga
Community Farm of Ann Arbor
The Corner Cup Cafe
Triple Crane Monastery
Verapose Yoga
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sanctuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

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Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
Crazy Wisdom Bookstore
El Harissa Market Cafe
Enlightened Soul Center
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